The Ladybug Loop

Maggie's Place Family Resource Centre 11 Elmwood Drive, Amherst, N.S Email: 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 2024

POP-UP (Preschool Outreach Program Utilizing Play)

Advocate: Mondays 10:00-12:00pm @ Advocate District School - Starting January 15th

Pugwash: Tuesdays 10:00-12:00pm @ Pugwash

Library - Starting January 16th

Wentworth: Wednesdays 10:00-12:00pm @ Wentworth Learning Centre - Starting January 17th Oxford: Wednesdays 9:00-11:00am @ Oxford Nazarene Church - Starting January 17th

Springhill: Wednesdays 12:30-2:30pm @ Miners Hall Basement - Starting January 17th

NEW Wallace: Thursdays 9:30-11:30am @ Wallace Community Centre - Starting January 18th

A drop-in parent/guardian & child program, for children from birth to preschool, that uses play as the main method of exploration, learning, and development while building capacity and literacy skills together. A healthy snack is provided.

Funded by United



Snuggle Bugs

When: Mondays 9:30-11:00am (Drop-in)

Where: Maggie's Place

Parents come together at Maggie's Place with their babies 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.

Community Suppers

On the 3rd 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 the following

dates:



Friday January 19th Friday February 16th Friday March 15th

See what we've been up to!



Pregnancy & Beyond (P&B)

Springhill: Bi-weekly Tuesdays @ Miners' Hall Basement

(starting January 9th) - 9:30-11:00am

Oxford: Bi-weekly Fridays @ Oxford Church of the Nazarene (starting January 12th) – 9:30-11:00am Parrsboro: Bi-weekly Fridays @ Parrsboro Fire Hall (starting January 5th) - 9:30-11:00am

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.

Friday Fun Times

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

Where: Maggie's Place

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.

Baby Friendly Drop-in

When: Thursdays 1:00-3:00pm

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.

Babies Come First Prenatal Class

When: Tuesdays 6:00-8:00pm (Registration Required) – January 16th – February 20th (storm date February 27th)

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 also offered.





Parenting 101

When: Thursdays 9:30-11:00am

starting January 18th - March 7th (Drop-in)

Where: Maggie's Place

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

Kids Have Stress Too (Outreach Parenting Program)

Registration is required. Limit to register for one location.

When: Tuesdays 1:00-2:30pm

Where: Pugwash - Pugwash Fire Hall

January 9th, 16th, 23rd (storm date January 30th)

Parrsboro - Parrsboro Fire Hall

February 6th, 13th, 20th (storm date February 27th)

A three-week registration program designed to help parents and caregivers become more aware of children's stress, and to help children cope with and develop effective ways of dealing with stress. An early childhood development program & healthy snack will be provided.

Upcoming Special Events:



Rockin' in the River - Afterschool Club

When: Thursdays 2:45-4:15pm (Registration required)

- January 18th - March 7th

Join us for an 8-week after-school program for children aged 5-9 years with games, activities, snacks, and lots of fun, hosted at the River Hebert

Community Centre.

Ages & Stages Developmental Screenings

When: Tuesday February 13th

Appointments available between 9:00am-4:00pm

Where: Maggie's Place

Register for a time slot to meet with trained staff for an Ages & Stages Developmental screening! Staff will be on site and can make referrals to other

organizations based on the screenings. Ages & Stages provides screening for children aged up to 60 months.

Also happening in Outreach Locations:

Parrsboro Fire Hall

- o Friday February 2nd 11:00am-3:00pm
- Springhill Miners' Hall Basement
 - Tuesday February 6th 11:00am-3:00pm
- Oxford Church of the Nazarene
 - o Friday February 9th 11:00am-3:00pm

Creative Kids

When: Mondays 2:45-4:30pm (Registration required)

January 22nd & 29th, February 5th & 12th

Where: Maggie's Place

Explore your creative side with us during a four-week after school art program for children aged 7-11 years. Try new materials, work on fun projects, and discover new ways of making art, then display your art for an art show for the end of our last session! Drop-off program; please call to register.

Community Food Resources

FOOD BANKS:

Amherst: 902-661-0677 Springhill: 902-597-3954 Oxford: 902-614-3735 Parrsboro: 902-254-3094 Pugwash: 902-664-8691

COMMUNITY MEALS:

YMCA Community Kitchen 92 Church St. Amherst

Wednesdays, 12 am to 1 pm

Oxford Community Kitchen 207 Lower Main St.

Oxford Wednesdays 12 am to 1 pm

Cumberland Homelessness & Housing Support Association Community HUB 55 Victoria St. Amherst Daily, 8 am to 8 pm

Community Suppers held the third Friday of each month, 4:30 pm to 6:30 pm at the Christ Church Parish Hall, 5 Lawrence St. Amherst (entrance off LaPlanche

FOOD PANTRIES:

Pay It Forward Pantry 27 Prince Arthur St. Amherst Maggie's Place porch 11 Elmwood Dr. Amherst

ARHS Viking Food Pantry located at ARHS for

River Hebert & Joggins Area Community Centre by appointment. Call 902-251-2512

Additional information available via 211 NS - call, text, or go visit online. www.ns.211.ca



January 2024

| Sunday | Monday 1 | Tuesday 2 | Wednesday | Thursday | Friday | Saturday |
|-------------------|--|--|--|--|---|--|
| | 1 | 2 | 2 | | | |
| | | | 3 | 4 | 5 | 6 |
| | NEW YEAR'S DAY CENTRE CLOSED | REOPEN AFTER HOLIDAYS | Once Upon A Time 10:00-11:30 | Baby Friendly Drop- in 1:00-3:00 | Friday Fun Times 9:30-11:30 Parrsboro P&B 9:30-11:00 | |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| | Snugglebugs – 9:30-11:00 | Springhill P&B 9:30- 11:00 Kids Have Stress Too (Pugwash) – 1:00-2:30 | Once Upon A Time 10:00-11:30 | Baby Friendly Drop- in 1:00-3:00 | 9:30-11:30 Oxford P&B 9:30-11:00 | |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| FIRST WEEK | Snugglebugs – 9:30-11:00 POP-UP Advocate – | POP-UP Pugwash – 10:00-12:00 Kids Have Stress | Once Upon A Time 10:00-11:30 POP-UP Oxford – | POP-UP Wallace – 9:30-11:30 Parenting 101 – | Friday Fun Times 9:30-11:30 Parrsboro P&B | 20 |
| AFTER HOLIDAYS | 10:00-12:00 | Too (Pugwash) – 1:00-2:30 Babies Come First Prenatal Class – 6:00-8:00 | 9:00-11:00 POP-UP Wentworth - 10:00-12:00 POP-UP Springhill – 12:30-2:30 | 9:30-11:00 Baby Friendly Dropin 1:00-3:00 Rockin' in the River – 2:45-4:15 | 9:30-11:00 Community Supper 4:30-6:30 | |
| 21 | 22 | 22 | 24 | 25 | 24 | 27 |
| 21 | 22 Snugglebugs – | Springhill P&B 9:30- | 24 Once Upon A Time | 25 POP-UP Wallace – | 26 Friday Fun Times | 27 |
| | 9:30-11:00 POP-UP Advocate – 10:00-12:00 Creative Kids – 2:45-4:15 | 11:00 POP-UP Pugwash – 10:00-12:00 Kids Have Stress Too (Pugwash) – 1:00-2:30 Babies Come First Prenatal Class – 6:00-8:00 | 10:00-11:30 POP-UP Oxford – 9:00-11:00 POP-UP Wentworth – 10:00-12:00 POP-UP Springhill – 12:30-2:30 | 9:30-11:30 Parenting 101 – 9:30-11:00 Baby Friendly Dropin 1:00-3:00 Rockin' in the River – 2:45-4:15 | 9:30-11:30 Oxford P&B 9:30-11:00 | FAMILY LITERACY DAY – CHRIST CHURCH PARISH HALL 11AM-1PM |
| 28 | 29 | 30 | 31 | | | |
| | Snugglebugs – 9:30-11:00 POP-UP Advocate – 10:00-12:00 Creative Kids – 2:45-4:15 | POP-UP Pugwash – 10:00-12:00 Kids Have Stress Too Storm Date (Pugwash) – 1:00- 2:30 Babies Come First Prenatal Class – 6:00-8:00 | Once Upon A Time 10:00-11:30 POP-UP Oxford – 9:00-11:00 POP-UP Wentworth – 10:00-12:00 POP-UP Springhill – 12:30-2:30 | | | |

February 2024

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|--------|----------------------------------|--|-----------------------------------|-------------------------------------|--------------------------------|----------|
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| | | | | 1 | 2 | 3 |
| | | | | POP-UP Wallace – 9:30-11:30 | Friday Fun Times 9:30-11:30 | |
| | | | | Parenting 101 – 9:30-11:00 | Parrsboro P&B 9:30-11:00 | |
| | | | | Baby Friendly Drop- in 1:00-3:00 | Ages & Stages - Parrsboro | |
| | | | | Rockin' in the River – 2:45-4:15 | | |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| | Snugglebugs – 9:30-11:00 | Springhill P&B 9:30-11:00 | Once Upon A Time 10:00-11:30 | POP-UP Wallace – 9:30-11:30 | Friday Fun Times 9:30-11:30 | |
| | POP-UP Advocate – 10:00-12:00 | POP-UP Pugwash – 10:00-12:00 | POP-UP Oxford – 9:00-11:00 | Parenting 101 – 9:30-11:00 | Oxford P&B 9:30-11:00 | |
| | Creative Kids – 2:45-4:15 | Kids Have Stress Too (Parrsboro) – 1:00-2:30 | POP-UP Wentworth - 10:00-12:00 | Baby Friendly Drop- in 1:00-3:00 | Ages & Stages - Oxford | |
| | | Ages & Stages - Springhill | POP-UP Springhill – 12:30-2:30 | Rockin' in the River – 2:45-4:15 | | |
| | | Babies Come First Prenatal Class – 6:00-8:00 | | | | |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| | Snugglebugs – 9:30-11:00 | Ages & Stages – Amherst | Once Upon A Time 10:00-11:30 | POP-UP Wallace – 9:30-11:30 | Friday Fun Times 9:30-11:30 | |
| | POP-UP Advocate – 10:00-12:00 | POP-UP Pugwash Kids Have Stress | POP-UP Oxford – 9:00-11:00 | Parenting 101 – 9:30-11:00 | Parrsboro P&B 9:30-11:00 | |
| | Creative Kids – 2:45-4:15 | Too (Parrsboro) – 1:00-2:30 | POP-UP Wentworth - 10:00-12:00 | Baby Friendly Drop- in 1:00-3:00 | Community Supper 4:30-6:30 | |
| | | Babies Come First Prenatal Class – 6:00-8:00 | POP-UP Springhill – 12:30-2:30 | Rockin' in the River – 2:45-4:15 | | |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| | FAMILY DAY CENTRE CLOSED | Springhill P&B 9:30-11:00 | Once Upon A Time 10:00-11:30 | POP-UP Wallace – 9:30-11:30 | Friday Fun Times 9:30-11:30 | |
| | | POP-UP Pugwash – 10:00-12:00 | POP-UP Oxford – 9:00-11:00 | Parenting 101 – 9:30-11:00 | Oxford P&B 9:30-11:00 | |
| | | Kids Have Stress Too (Parrsboro) – 1:00-2:30 | POP-UP Wentworth - 10:00-12:00 | Baby Friendly Drop- in 1:00-3:00 | | |
| | | Babies Come First Prenatal Class – 6:00-8:00 | POP-UP Springhill – 12:30-2:30 | Rockin' in the River – 2:45-4:15 | | |
| 25 | 26 | 27 | 28 | 29 | | |
| | Snugglebugs – 9:30-11:00 | POP-UP Pugwash – 10:00-12:00 | Once Upon A Time 10:00-11:30 | POP-UP Wallace – 9:30-11:30 | | |
| | POP-UP Advocate – 10:00-12:00 | Kids Have Stress Too <i>Storm Date</i> (Parrsboro) – 1:00- | POP-UP Oxford – 9:00-11:00 | Parenting 101 – 9:30-11:00 | | |
| | | 2:30 Babies Come First | POP-UP Wentworth - 10:00-12:00 | Baby Friendly Drop- in 1:00-3:00 | | |
| | | Prenatal Class Storm Date — 6:00- 8:00 | POP-UP Springhill – 12:30-2:30 | Rockin' in the River – 2:45-4:15 | | |
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| March | 2024 |
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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| | | | | | 1 | 2 |
| | | | | | Friday Fun Times 9:30-11:30 | |
| | | | | | Darrehara DOD | |
| | | | | | Parrsboro P&B 9:30-11:00 | |
| | | | | | | |
| | | | | | | |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| | Snugglebugs – | Springhill P&B | Once Upon A Time | POP-UP Wallace – | Friday Fun Times | |
| | 9:30-11:00 | 9:30-11:00 | 10:00-11:30 | 9:30-11:30 | 9:30-11:30 | |
| | POP-UP Advocate – | POP-UP Pugwash – | POP-UP Oxford – | Parenting 101 – | Oxford P&B | |
| | 10:00-12:00 | 10:00-12:00 | 9:00-11:00 | 9:30-11:00 | 9:30-11:00 | |
| | | | POP-UP Wentworth - 10:00-12:00 | Baby Friendly Drop- in 1:00-3:00 | | |
| | | | POP-UP Springhill – | Rockin' in the River | | |
| | | | 12:30-2:30 | - 2:45-4:15 | | |
| | | | | | | |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| MARCH BREAK – NO | Snugglebugs – 9:30-11:00 | | Once Upon A Time 10:00-11:30 | Baby Friendly Drop- in 1:00-3:00 | Friday Fun Times 9:30-11:30 | |
| POP-UP | | | | | | |
| THIS WEEK | | | | | Parrsboro P&B 9:30-11:00 | |
| March Break | | | | | Community Suppor | |
| Activities TBA | | | | | Community Supper 4:30-6:30 | |
| 17 | 10 | 10 | 00 | 01 | 00 | 00 |
| 17 | Snugglebugs – | 19 Springhill P&B | Once Upon A Time | POP-UP Wallace – | Friday Fun Times | 23 |
| | 9:30-11:00 | 9:30-11:00 | 10:00-11:30 | 9:30-11:30 | 9:30-11:30 | EASTER FUN |
| | POP-UP Advocate – | POP-UP Pugwash – | POP-UP Oxford – | Baby Friendly Drop- | Oxford P&B | DAY – WEST |
| | 10:00-12:00 | 10:00-12:00 | 9:00-11:00 | in 1:00-3:00 | 9:30-11:00 | HIGHLANDS SCHOOL |
| | | | POP-UP Wentworth | | | GYM 10AM- 12PM |
| | | | - 10:00-12:00 | | | 22. 101 |
| | | | POP-UP Springhill – | | | |
| | | | 12:30-2:30 | | | |
| 24/31 | 25 | 26 | 27 | 28 | 29 | 30 |
| 27/31 | Snugglebugs – | POP-UP Pugwash – | Once Upon A Time | POP-UP Wallace – | 27 | 30 |
| | 9:30-11:00 | 10:00-12:00 | 10:00-11:30 | 9:30-11:30 | COOD EDIDAY | |
| | POP-UP Advocate – | | POP-UP Oxford – | Baby Friendly Drop- | GOOD FRIDAY CENTRE CLOSED | |
| | 10:00-12:00 | | 9:00-11:00 | in 1:00-3:00 | | |
| | | | POP-UP Wentworth | | | |
| | | | - 10:00-12:00 | | | |
| | | | POP-UP Springhill – | | | |
| | | | 12:30-2:30 | | | |