

# 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? Fall 2024

### Snuggle Bugs

When: Mondays 9:30-11:00am

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) – September 10<sup>th</sup> – October 15<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.

### Parenting 101

When: Thursdays 9:30-11:00am

(Drop-in) September 19<sup>th</sup> – November 28<sup>th</sup>

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 are offered.

### CAEC with CANU

When: Tuesdays starting  
September 17th  
1:00-3:00pm

Where: Maggie's Place  
Need your Grade 12?

Need Childcare?  
Join CANU at Maggie's Place & study while your child participates in an early childhood development program with our ECE staff!  
Registration is required.

### Outreach Playgroup

**Wallace:** Mondays @  
Wallace Community Hall  
10:00am-12:00pm

**Pugwash:** Tuesdays @  
Pugwash Library  
10:00am-12:00pm

**Springhill:** Wednesdays @  
Miners' Hall Basement  
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.

### Pregnancy & Beyond (P&B)

**Springhill:** Bi-weekly Tuesdays @ Miners' Hall Basement – 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

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

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.**



WORKING WITH  
COMMUNITIES IN  
COLCHESTER &  
CUMBERLAND COUNTIES

## Evening Parenting Support

When: second Thursday of each month  
6:00-8:00pm (Drop-in)  
October 10, November 14, December 12  
Where: Maggie's Place

Join us for a casual, parent-led group that focuses on different parenting topics, discussions on navigating parenthood while working, and connecting with other caregivers. An early childhood development program & healthy snack are offered.

## It's a Big Life: Building Connections for Parents & Preteens

When: Wednesdays 6:00-8:00pm  
(Registration Required)  
October 23<sup>rd</sup> – November 27<sup>th</sup>  
Where: Maggie's Place

Have a child who is 8-12 years old? Looking to strengthen your connection with your child as they navigate preteen years? Join us for a six-week parent & child group that will build attachment, help with communication, and give you skills to support your child through the preteen years. Group runs as a combination of youth & caregiver programming together and separately. Call today to register you and your child! An early childhood development program & healthy snack are offered.

## Healthy & Frugal Cooking

When: Wednesdays November 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup>,  
December 4<sup>th</sup>  
1:30-3:00pm (Registration Required)  
Where: Wentworth Learning Centre

Register for a four-week cooking program to learn new recipes and ways of cooking that are budget and health friendly, including diabetic and gluten-free recipes! An early childhood development program and healthy snack are offered. Registration is required.

## Kids Have Stress Too

When: Thursdays October 3, 10, 17, & 24th  
10:00am-12:00pm (Registration Required)  
Where: Wentworth Learning Centre

A four-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.

**Stay tuned for Holiday Programming  
to be announced in November!**

## After-School Programming (Ages 5-9)

(Registration Required) 2:45-4:15pm

**Week of September 16<sup>th</sup> – Week of October 21<sup>st</sup>**

**Oxford:** Tuesdays @ Sunset Community Centre  
**River Hebert:** Thursdays @ River Hebert/Joggins &  
Area Community Centre

**Week of October 28<sup>th</sup> – Week of December 2<sup>nd</sup>**

**Springhill:** Wednesdays @ Dr. Carson & Marion Murray Civic Centre  
**Parrsboro:** Thursdays @ Location TBD

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

Join us for a six-week afterschool program in a community near you! With different activities and topics each week, children will be engaged and exploring through intentionally designed and child-led programming. Registration is required. A healthy snack will be offered.

## Wentworth After-School (Ages 5-9)

(Registration Required)

When: Wednesdays 3:00-4:30pm

**Bushcraft Basics:** September 18 – October 9

Sign up for a 4-week outdoor series learning about survival skills, outdoor safety, and participating in fun activities!

**Creative Arts Club:** October 16 – November 6

Join us for a 4-week art series where we learn about different art mediums, techniques, and explore our creative sides!

A healthy snack is offered for each session.  
Registration is required for this drop-off program.

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

## Infant Massage

When: Fridays 1:00-2:30pm  
October 25<sup>th</sup> – November 22<sup>nd</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.

## 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 September 20<sup>th</sup>

Friday October 18<sup>th</sup> (Location TBD)

Friday November 15<sup>th</sup>

Friday December 20<sup>th</sup>



# September 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 CLOSED Labour Day	3 Pregnancy & Beyond: Springhill 9:30-11:00	4 Once Upon a Time 10:00-11:30	5 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 CLOSED FOR STAFF TRAINING	10 CLOSED FOR STAFF TRAINING  BCF Prenatal 6:00-8:00	11 Once Upon a Time 10:00-11:30	12 Baby Friendly Drop-In 1:00-3:00	13 Friday Fun 9:30-11:30	14
15 <b>First Week of Playgroup</b>	16 Snugglegugs 9:30-11:00  Wallace Playgroup 10:00-12:00	17 Pregnancy & Beyond: Springhill 9:30-11:00  Pugwash Playgroup 10:00-12:00  CAEC with CANU 1:00-3:00  Oxford After-School 2:45-4:15  BCF Prenatal 6:00-8:00	18 Once Upon a Time 10:00-11:30  Springhill Playgroup 10:00-12:00  Bushcraft Basics 3:00-4:30	19 Parenting 101 9:30-11:00  Baby Friendly Drop-In 1:00-3:00  Parrsboro Playgroup 10:00-12:00  River Hebert After-School 2:45- 4:15	20 Pregnancy & Beyond: Oxford 9:30-11:00  Friday Fun 9:30-11:30  Community Supper 4:30-6:30	21
22	23 Snugglegugs 9:30-11:00  Wallace Playgroup 10:00-12:00	24 Pugwash Playgroup 10:00-12:00  CAEC with CANU 1:00-3:00  Oxford After-School 2:45-4:15  BCF Prenatal 6:00-8:00	25 Once Upon a Time 10:00-11:30  Springhill Playgroup 10:00-12:00  Bushcraft Basics 3:00-4:30	26 Parenting 101 9:30-11:00  Baby Friendly Drop-In 1:00-3:00  Parrsboro Playgroup 10:00-12:00  River Hebert After-School 2:45- 4:15	27 Friday Fun 9:30-11:30	28
29	30 CLOSED National Day of Truth and Reconciliation					

# October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1 Pregnancy &amp; Beyond: Springhill 9:30-11:00 <b>Pugwash Playgroup 10:00-12:00</b></p> <p><b>CAEC with CANU 1:00-3:00</b> Oxford After-School Program 2:45-4:15 <b>BCF Prenatal 6:00-8:00</b></p>	<p>2 Once Upon a Time 10:00-11:30</p> <p>Springhill Playgroup 10:00-12:00</p> <p>Bushcraft Basics 3:00-4:30</p>	<p>3 <b>Parenting 101 9:30-11:00</b> Parrsboro Playgroup 10:00-12:00 <b>Kids Have Stress Too 10:00-12:00</b> Baby Friendly Drop-In 1:00-3:00 <b>River Hebert After-School 2:45-4:15</b></p>	<p>4 Pregnancy &amp; Beyond: Oxford 9:30-11:00</p> <p>Friday Fun 9:30-11:30</p>	<p>5 30<sup>th</sup> Anniversary Celebration Razzmatazz</p> <p><b>DCMMCC Springhill 10:00- 11:00</b></p>
6	<p>7 Snuggiebugs 9:30-11:00</p> <p>Wallace Playgroup 10:00-12:00</p>	<p>8 Pugwash Playgroup 10:00-12:00</p> <p>CAEC with CANU 1:00-3:00</p> <p>Oxford After-School 2:45-4:15</p> <p>BCF Prenatal 6:00-8:00</p>	<p>9 Once Upon a Time 10:00-11:30</p> <p>Springhill Playgroup 10:00-12:00</p> <p>Bushcraft Basics 3:00-4:30</p>	<p>10 <b>Parenting 101 9:30-11:00</b> Parrsboro Playgroup 10:00-12:00 <b>Kids Have Stress Too 10:00-12:00</b> Baby Friendly Drop-In 1:00-3:00 <b>River Hebert After-School 2:45-4:15</b> Evening Parenting Support 6:00-8:00</p>	<p>11 Friday Fun 9:30-11:30</p>	<p>12</p>
13	<p>14 <b>CLOSED Thanksgiving Day</b></p>	<p>15 Pregnancy &amp; Beyond: Springhill 9:30-11:00</p> <p>Pugwash Playgroup 10:00-12:00</p> <p><b>CAEC with CANU 1:00-3:00</b> Oxford After-School 2:45-4:15 <b>BCF Prenatal 6:00-8:00</b></p>	<p>16 Once Upon a Time 10:00-11:30</p> <p>Springhill Playgroup 10:00-12:00</p> <p>Creative Arts Club 3:00-4:30</p>	<p>17 <b>Parenting 101 9:30-11:00</b> Parrsboro Playgroup 10:00-12:00 <b>Kids Have Stress Too 10:00-12:00</b> Baby Friendly Drop-In 1:00-3:00 <b>River Hebert After-School 2:45-4:15</b></p>	<p>18 Pregnancy &amp; Beyond: Oxford 9:30-11:00</p> <p>Friday Fun 9:30-11:30</p> <p>Community Supper 4:30-6:30</p>	<p>19</p>
20	<p>21 Snuggiebugs 9:30-11:00</p> <p>Wallace Playgroup 10:00-12:00</p>	<p>22 Pugwash Playgroup 10:00-12:00</p> <p>CAEC with CANU 1:00-3:00</p> <p>Oxford After-School 2:45-4:15</p>	<p>23 Once Upon a Time 10:00-11:30</p> <p>Springhill Playgroup 10:00-12:00</p> <p><b>Creative Arts Club 3:00-4:30</b> It's a Big Life 6:00- 8:00</p>	<p>24 <b>Parenting 101 9:30-11:00</b> Parrsboro Playgroup 10:00-12:00 <b>Kids Have Stress Too 10:00-12:00</b> Baby Friendly Drop-In 1:00-3:00 <b>River Hebert After-School 2:45-4:15</b></p>	<p>25 Friday Fun 9:30-11:30</p> <p>Infant Massage 1:00-2:30</p>	<p>26 <b>Halloween Fun Day</b> 10:00am- 12:00pm Location TBD</p>
27	<p>28 Snuggiebugs 9:30-11:00</p> <p>Wallace Playgroup 10:00-12:00</p>	<p>29 Pregnancy &amp; Beyond: Springhill 9:30-11:00</p> <p>Pugwash Playgroup 10:00-12:00</p> <p>CAEC with CANU 1:00-3:00</p>	<p>30 Once Upon a Time 10:00-11:30 <b>Springhill Playgroup 10:00-12:00</b> Springhill After- School 2:45-4:15</p> <p>Creative Arts Club 3:00-4:30 <b>It's a Big Life 6:00- 8:00</b></p>	<p>31 Parenting 101 9:30-11:00 <b>Parrsboro Playgroup 10:00-12:00</b> Baby Friendly Drop-In 1:00-3:00 Parrsboro After-School 2:45-4:15</p>		

# November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Pregnancy & Beyond: Oxford 9:30-11:00  Friday Fun 9:30-11:30  Infant Massage 1:00-2:30	2
3	4 Snugglebugs 9:30-11:00  Wallace Playgroup 10:00-12:00	5 Pugwash Playgroup 10:00-12:00  CAEC with CANU 1:00-3:00	6 Once Upon a Time 10:00-11:30 <b>Springhill Playgroup</b> <b>10:00-12:00</b> Springhill After-School 2:45-4:15 <b>Creative Arts Club</b> <b>3:00-4:30</b> It's a Big Life 6:00-8:00	7 Parenting 101 9:30-11:00  Parrsboro Playgroup 10:00-12:00  Baby Friendly Drop-In 1:00-3:00  Parrsboro After-School 2:45-4:15	8 Friday Fun 9:30-11:30  Infant Massage 1:00-2:30	9
10	11 <b>CLOSED</b> <b>Remembrance Day</b>	12 Pregnancy & Beyond: Springhill 9:30-11:00  Pugwash Playgroup 10:00-12:00  CAEC with CANU 1:00-3:00	13 Once Upon a Time 10:00-11:30 <b>Springhill Playgroup</b> <b>10:00-12:00</b> Springhill After-School 2:45-4:15  <b>Healthy &amp; Frugal</b> <b>Cooking 1:30-3:00</b> It's a Big Life 6:00-8:00	14 Parenting 101 9:30-11:00 <b>Parrsboro Playgroup</b> <b>10:00-12:00</b>  Baby Friendly Drop-In 1:00-3:00 <b>Parrsboro After-School</b> <b>2:45-4:15</b> Evening Parenting Support 6:00-8:00	15 Pregnancy & Beyond: Oxford 9:30-11:00  Friday Fun 9:30-11:30  Infant Massage 1:00-2:30  Community Supper 4:30-6:30	16
17	18 Snugglebugs 9:30-11:00  Wallace Playgroup 10:00-12:00	19 Pugwash Playgroup 10:00-12:00  CAEC with CANU 1:00-3:00	20 Once Upon a Time 10:00-11:30 <b>Springhill Playgroup</b> <b>10:00-12:00</b> Springhill After-School 2:45-4:15  <b>Healthy &amp; Frugal</b> <b>Cooking 1:30-3:00</b> It's a Big Life 6:00-8:00	21 Parenting 101 9:30-11:00  Parrsboro Playgroup 10:00-12:00  Baby Friendly Drop-In 1:00-3:00  Parrsboro After-School 2:45-4:15	22 Friday Fun 9:30-11:30  Infant Massage 1:00-2:30	23
24	25 Snugglebugs 9:30-11:00  Wallace Playgroup 10:00-12:00	26 Pregnancy & Beyond: Springhill 9:30-11:00  Pugwash Playgroup 10:00-12:00  CAEC with CANU 1:00-3:00	27 Once Upon a Time 10:00-11:30 <b>Springhill Playgroup</b> <b>10:00-12:00</b> Springhill After-School 2:45-4:15  <b>Healthy &amp; Frugal</b> <b>Cooking 1:30-3:00</b> It's a Big Life 6:00-8:00	28 Parenting 101 9:30-11:00  Parrsboro Playgroup 10:00-12:00  Baby Friendly Drop-In 1:00-3:00  Parrsboro After-School 2:45-4:15	29 Pregnancy & Beyond: Oxford 9:30-11:00  Friday Fun 9:30-11:30	30

# December 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Snugglegebugs 9:30-11:00  Wallace Playgroup 10:00-12:00	3 Pugwash Playgroup 10:00-12:00  CAEC with CANU 1:00-3:00	4 Once Upon a Time 10:00-11:30  Springhill Playgroup 10:00-12:00  Springhill After-School 2:45-4:15  <b>Healthy &amp; Frugal Cooking 1:30-3:00</b>	5 Parrsboro Playgroup 10:00-12:00  Baby Friendly Drop-In 1:00-3:00  Parrsboro After-School 2:45-4:15	6  Friday Fun 9:30-11:30	7  <b>Holiday Fun Day</b> 10:00am-12:00pm Location TBD
8  Last Week of Playgroup before Holidays	9 Snugglegebugs 9:30-11:00  Wallace Playgroup 10:00-12:00	10 Pregnancy & Beyond: Springhill 9:30-11:00  Pugwash Playgroup 10:00-12:00  CAEC with CANU 1:00-3:00	11 Once Upon a Time 10:00-11:30  Springhill Playgroup 10:00-12:00	12 Parrsboro Playgroup 10:00-12:00  Baby Friendly Drop-In 1:00-3:00  Evening Parenting Support 6:00-8:00	13 Pregnancy & Beyond: Oxford 9:30-11:00  Friday Fun 9:30-11:30	14
15	16 Snugglegebugs 9:30-11:00	17 CAEC with CANU 1:00-3:00	18 Once Upon a Time 10:00-11:30	19 Baby Friendly Drop-In 1:00-3:00	20 Friday Fun 9:30-11:30  Community Supper 4:30-6:30	21
22	23 <b>CLOSED Holiday</b>	24 <b>CLOSED Holiday</b>	25 <b>CLOSED Holiday</b>	26 <b>CLOSED Holiday</b>	27 <b>CLOSED Holiday</b>	28
29	30 <b>CLOSED Holiday</b>	31 <b>CLOSED Holiday</b>	January 1 <b>CLOSED Holiday</b>	January 2	January 3	January 4