

Did you know: we have so many programs starting! All EHFRC programs are free!



Call us at 902-883-4349, email ehfamilycentre@gmail.com or find us on FB!

MOM'S WELLNESS: This is an 8-week program for moms finding the first year of motherhood challenging.

Mom's Wellness is for moms with a baby aged 1 and under, needing some extra support as they adjust to the ups and downs of this major life event. (This does not have to be your first baby.)

MW is a 90-minute program on Wednesday afternoons (Feb07-April 03) facilitated by EHFRC and a Canadian Mental Health outreach worker. For more info or to register, call Sara at 902-883-4349 or email saraehfrc@gmail.com

FINDING YOUR HAPPY: This is an 8-week program for women introducing them to some methods and the science behind them, of finding happy. We look at journaling, yoga/exercise, meditation and more! All supplies provided. Tuesday evenings beginning February 06 to March

For more information, or to register, call Cathy at 902-883-4349 or email ehfamilycentre@gmail.com

PREPARING TO BREASTFEED: if you or someone you know is expecting, and want to learn more about breastfeeding, register for this three night course. Find out the benefits, where to get support, and more! Starts Jan. 17, and continues to 24, and 31. For more info, or to register, call 902-883-4349 or email Diana at dianaehfrc@gmail.com (Thanks to the East Hants Community Health Board for funding.)

Let's Grow Outside: is our outdoor young naturalist program, courtesy of funding from the Family Literacy Initiative Endowment Fund, or FLIEF). Join us this month on January 27 from 10 a.m. to 11:30 at Oakfield Park to explore the great outdoors! Open to kids aged 5 and under, but older siblings welcome. Parents/guardians and caregivers welcome. To register, call 902-883-4349 or email dianaehfrc@gmail.com

Developing Dads: for dads, stepdads and partners who are father figures to help with parenting challenges. Offered in partnership with Fatherhood Matters, via Bridges Institute. Have one-on-one appointments to help your relationship with family members and/or children, work on emotional regulation, creating quality family time, co-parenting etc. Thursday afternoon and evening appointments.

Call for an appointment: 902-986-0156 or email pamelakennedy@bridgesinstitute.org for info.

Upcoming: Mommy2B prenatal, 4-week course for expecting parents. April 03-April 24. To register, call 902-883-4349 and ask for Cathy or Sara

We also offer: referral to other agencies, period product and personal hygiene items, jackets/coats/mittens and more!