

The Ladybug Loop

September — October 2018

Hours

Monday - Friday
9:00am - 3:00pm

1027 Prince St
Truro, NS
B2N 1H7

902-895-0200

www.maggiesplace.ca
colchester@maggiesplace.ca

Follow Us



Maggie's Place is a family resource centre offering programs, education, support and services to all families with children 0-6 years. Home visiting and support for families with children 3-16 years is also available.

"Because being a parent is the finest, most important work you'll ever do."

*All Maggie's Place Programs are **FREE** of Charge!*

FALL PROGRAMS

September-October

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All programs are free, childcare and transportation assistance may be provided.

Please **Call to Register** 902-895-0200

Full Bellies Prenatal Program

Wednesdays: Beginning Sept 12th
3:00 – 6:00pm

Enjoy a meal as we learn together, explore ways to take good care of yourself and your baby before and after birth. Support persons welcome. Offered in partnership with Public Health Services.



Adjusting to Parenting Group

Thursdays:

Oct 11—Nov 29

9:30am– 11:30am



An 8-week support group for moms facing difficulties adjusting to a new baby or dealing with mild or moderate postpartum depression, stress or anxiety.

Preparing to Breastfeed

Mondays: October 22, 29 & Nov. 5
6:30 – 8:30pm

A 3 week prenatal Breastfeeding Program to help mom-to-be and partner get ready for feeding baby.



Infant Massage

Thursdays: November 1-22
1:00-2:00pm



Join our WINC® certified instructor

to learn ways to soothe and further bond with your infant through massage and touch.

For ages 3mos-9mos

Rock & Talk

Thursdays: 1:00 – 2:30pm

A get together for parents with babies under 12 months. It is a chance to share the joys and challenges of parenting infants, get breastfeeding support and ask questions. A Public Health Home Visitor will be visiting every second Thursday to answer your questions.

Baby, Me & Mother Goose

Tuesdays: October 2—December 4
10:00 – 10:45am

Learn rhymes, songs and have fun with your baby. **For ages 3mos-18 mos**

Located at Colchester East Hants
Public Library.



FALL PROGRAMS

September-October

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Positive Parenting Program

Fridays: October 12—November 30
9:30 – 11:30am

Join Nicole and other parents in discussing parenting topics such as communication, child development and milestones, problem-solving and strengthening your parent-child relationship.



Maggie's Magic Cupboard Cooking Program

Mondays: Sept 24—November 5
9:30am – 12:00pm

A six week cooking program. From grocery shelf to the kitchen table; Join Brenda and our StFX Dietetic Intern Aiyu, as we share the basics of low-cost grocery shopping and meal-preparation. Best of all, we sit down to lunch with our children and have “planned-overs”, to take home.

NEW!

Parenting Journey Family Support Program

Parenting Journey offers family support in the home for families with children ages 3-16 who are facing a variety of challenges.

For more information, please call Nicole at 902-895-0200 ext. 16, or send an email to nicole@maggiesplace.ca.



Just for Dads Parenting Series

Thursdays: Oct. 11, 18, 25
6:30pm-8:30pm

Join Nicole and other dads to talk about how a father's parenting style may differ from a mother's and the importance of a dad's relationship to a child's development.



PARENT & TOT PLAYGROUPS

September-October

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Free

Fun

Parent & Tot Playgroups

Games

**Healthy
Snacks**

Stories

Crafts

Songs

A **FREE & FUN** social and playtime for parents/caregivers and children ages 0-6

Great Village Playgroup

Mondays

9:30—11:00

Great Village Elementary School Gym

Bible Hill Playgroup

Tuesdays

10:00—11:30

Bible Hill Village Hall (Fire Hall)

Debert Playgroup

Wednesdays

9:30—11:00

Debert Elementary School Gym

Stewiacke Playgroup

Wednesdays

10:00—11:30

Stewiacke Community Centre
(Fire Hall)

Maggie's Place Playgroup

Wednesdays

9:30—11:00

Maggie's Place, Truro

Tatamagouche Playgroup

Thursdays

10:00—11:30

Tatamagouche Fire Hall

Old Barns Playgroup

Thursdays

10:00—11:30

Cobequid Fire Hall, Old Barns

Hilden Playgroup

Fridays

10:00—11:30

Hilden Fire Hall



Outreach playgroups will be cancelled if school is closed due to weather.
Watch our Facebook page for more details.

FREE Early Childhood Screening Day

Monday, November 19, 2018
9:00 am – 3:00 pm

Register to learn more about your child's development in the areas of:

- SPEECH SOUNDS & LANGUAGE
- DEVELOPMENTAL MILESTONES
- FLU IMMUNIZATION
- DENTAL
- NUTRITION



Community Resource information and displays will be available.

Childcare and transportation assistance may be provided.

FOR AGES

18 Months - 4 Years

Call 902-895-0200

to book your appointment

Maggies Place

Family Resource Centre

1027 Prince Street, Truro

Sponsored by the Colchester Early Childhood Network

Truro Chapter of Autism NS

A parent group meets the 3rd Tuesday of each month at 6:30 pm at Maggie's Place.

Contact Leah for more information.

Email: truro@autismns.ca

La Leche League Canada

Breastfeeding ...and so much more!

Truro Group meets the 3rd Wednesday of each month at 6:30 pm at Maggie's Place

Group Leaders:

Mel -896-8935 Mary -843-8417

Kathie – 895-5617



Maggie's Place Will Be CLOSED at NOON on Friday, Sept. 7 & Friday, Oct. 5 for staff meetings.

For more information on closures and more, please visit our Facebook page @maggiesplacecolchester

Maggie’s Place Staff Contact List

Carla Carey, Office Coordinator	902-895-0200 ext. 11	carla@maggiesplace.ca
Linda Legere, Executive Director	902-895-0200 ext. 12	linda@maggiesplace.ca
Brenda Leenders, Pre/Postnatal Program Coordinator	902-895-0200 ext. 13	brenda@maggiesplace.ca
Beth Spinney, Outreach Playgroup Coordinator	902-895-0200 ext. 14	beth@maggiesplace.ca
Carol Eisner, Early Years Program Facilitator	902-895-0200 ext. 14	carol@maggiesplace.ca
Suzanne Totten, Early Years Program Facilitator	902-895-0200 ext. 14	suzanne@maggiesplace.ca
Amy Herring, Early Years Program Facilitator	902-895-0200 ext. 14	amyh@maggiesplace.ca
Nancy Thurston, Early Years Program Supervisor	902-895-0200 ext. 15	nancy@maggiesplace.ca
Nicole Hurley, Parenting Journey Home Visitor	902-895-0200 ext. 16	nicole@maggiesplace.ca



End of Summer Playgroup & BBQ

Wednesday: Sept 12
10:00am— 12:00pm

Join us in the backyard for playtime followed by a FREE BBQ of hot dogs and hamburgers.

Volunteer Opportunities

Do you have an extra couple of hours a week to give back to your community? We can help!

We are looking for volunteers to help with duties such as reception, childcare and donation sorting.

Please call Linda for more information, 902-895-0200, ext. 12.



Maggie’s Place is made possible by a financial contribution from the Community Action Program (CAPC), Public Health Agency of Canada, in agreement with the Province of Nova Scotia.



We are also generously supported through donations from the community. THANK YOU!