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| Cooking & food skills **Cooking with Children:** Children of all ages are involved in growing, harvesting and preparing food throughout Resource Centre programs. Afterschool Cooking is offered 1-2 times per year, in partnership with the New Ross Consolidated School. Cooking programs are included at Day Camps.  **Community Kitchens:** NEW! Families get together and cook large batches of food. They each take home enough for four meals. This is a great way to spark children’s interest in cooking, learn new recipes, save money, and leave with four meals all ready to go, while having fun!  **Food Workshops:** Workshops are offered throughout the year. They include cooking, canning and preserving foods. These are in partnership with the New Ross Community Food Project, Chester Municipality and/or Rural Roots Market.  **Gardens:** The NRFRC helps with the school garden, Day Care and Centre’s raised beds. Children plan, plant, care for and harvest veggies. School garden produce goes to day camps and Bulk Buying Club in the summer, and to the school cafeteria during the school year.  **Workshops:** A wide variety of gardening workshops are offered periodically. | |  |  | | |  | | --- | | **NEW ROSS COMMUNITY FOOD PROJECT (NRCFP)**  This is led by a group of community members and partners working to build a more sustainable food system in New Ross.  Contact Leanne if you are interested in getting involved or for information on food project programs.  **BULK BUYING CLUB (BBC)** The NRFRC helps a group of families run a Bulk Buying Club based at the Ross Farm Museum. The Club’s 10 to 15 Members each get fresh veggie boxes, saving them 50% or more off the store price!  Boxes include local, very fresh, in season produce, and are packaged every two weeks, and monthly in Winter. Members pitch in to run the club, and share produce from their gardens. Mission Statement We are a non-profit facility responsible for offering programs that bring health and well-being to New Ross and the surrounding communities. Our goal is to make New Ross area a comfortable, well-served community with many of the amenities provided in larger areas.  We also offer room rentals for birthday parties, showers, community meetings, etc. This room is now accessible. Feel free to call us for more information.  Contact Us Phone: 902-689-2414  Diane Email: [nrfrcnewross@hotmail.com](mailto:nrfrcnewross@hotmail.com)Leanne Email: [nrfrcleanne@gmail.com](mailto:nrfrcleanne@gmail.com)Janice Email: corneliusjl13@gmail.com | |  | |  | |  | |  | |  | | |  |  | |  | | --- | |  | |  | | New ross family resource centre | | *4691 Highway 12, PO Box 106*  *New Ross, NS, B0J 2M0*  *Phone: (902)689-2414 Web:* [*www.nrfrc.ca*](http://www.nrfrc.ca) *Facebook:* [*www.facebook.com/nrfrc*](http://www.facebook.com/nrfrc)  *Community Website:* [*www.newross.ca*](http://www.newross.ca) | |
| Babies, Children & School Age  **PRENATAL PROGRAM**  A great way to learn more about pregnancy, childbirth, meeting other mom’s, and having a new baby. One-on-one or small groups. Contact Leanne for more information on this free program.  **BREASTFEEDING SUPPORT** This free, peer support program aims to support mothers, one-on-one with the learning experience of breastfeeding. Contact Leanne for more information.  **BABY GROUP**  Baby group runs every two weeks on Thurs. mornings from 10-11:30 am. Join us at play group at 9:30, and then come down to the Multi-purpose room for some baby focused time.. This is a free, drop-in program. Pregnant women are encouraged to join us!  **PLAYGROUP**  This is a free program offered to children birth to 5 years. Activities include crafts, songs, games, story time, and a healthy snack. Offered on Mondays and Thursdays throughout the school year from 9:30-11:30am.  **NOBODY’S PERFECT** Open to every parent/guardian with children from birth to age 5. Come reflect, brainstorm and work together to solve parenting concerns and questions.  **AFTER SCHOOL PROGRAM**  Join Janice throughout the school year for fun, activities, outdoor play and a healthy snack. |  | |  | **Licensed DAY CARE** Run by the New Ross Preschool Society full time, year round service. Contact: @ 277-2533 or [newross.communitypreschool@gmail.com](mailto:newross.communitypreschool@gmail.com)  **NEW ROSS AFTER SCHOOL** We partner with NRCS to provide a free afterschool activity based program one afternoon a week. Activities may include crafts, cooking, archery, music, etc.  **DANCE CLASSES**  We offer dance classes including creative movement, hip hop and jazz classes on Friday afternoons. Please call to confirm day/time as this may change due to teachers’ availability.  **PLUG INTO MUSIC**  Local musician, Jamie Junger, will help youth in developing an appreciation of music, performing and recording tips from the pros, songwriting, and much more! 10 week Spring Program.  **RAINBOWS**  ‘Rainbows’ fosters emotional healing among children, grieving from a loss or life-altering crisis. Contact Diane for more information.  **GIRL TALK**  We provide a safe, group setting for girls aged 10 – 12 to talk about things that are important to them. Held annually, contact the Centre for more information.  **SUMMER PROGRAMS**  Our Summer Programs try to meet the ever changing needs of the community and can include:Day Camps, youth programs &Summer Soccer**.** Such programs are based on instructor availability and requests from the community. | |  | |  | **Health & Fitness ALZHEIMER SUPPORT GROUP** Join Diane & Susan on the 2nd Wednesday of each month from 1:00 -3:00pm.  **NURSE PRACTITIONER**  Nancy MacDonald will be at the Centre once a month. If you are a patient of hers or Dr. Cox in Chester, you can call 902-275-4414 to book and appointment.  **BLOOD COLLECTION SERVICE** Blood collection is every second Tuesday here at the Centre, with home visits available with Coleen Hull by appointment, call 624-0406.Collection dates are posted in the flyer.  **TOPS**  “Take Off Pounds Sensibly” is a weight loss support group that meets every Monday at 6:00pm here, at the Centre.  **ADULT FITNESS CLASSES** Classes will be available throughout the year.  **Fun & Fitness classes** with Wanda Broome our adult fitness instructor. Wanda is a certified senior fitness instructor, through the Canadian Centre for Activity and Aging (CCAA). Classes are designed to meet your level of fitness.  **THE FLYER**  We distribute our newspaper to residents of New Ross, it includes activities in and around New Ross and is produced at the centre. It can also be found online @ nrfrc.ca  **Bulk Buying Club**The Resource Centre helps a group of families run a Bulk Buying Club based at the Ross Farm Museum. The Club’s ten to fifteen Members each get fresh veggie boxes, saving them 50% or more off the store price!  Boxes include local, very fresh, in season produce, and are packaged every two weeks, and monthly in Winter. Members pitch in to run the club, and share produce from their gardens. | |
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