

WHAT'S NEW IN AUGUST 2012

****Registration Day – Monday, July 30th**

Please call or drop-in to register for July's programs 479-3031

Breastfeeding Support & Infant Massage are drop-in programs. No need to register.

HOURS OF OPERATION SPECIAL NOTICES

The Centre will be closed on August 6th for Natal Day. Also, please note that there will be no Parent Drop-in on Monday, August 27th, in order to make way for our Family Fun Day! ☺

Kidston Lake Swim

August 1st, 10:00am – 2:00pm

Bring the whole family out for a day of swimming and a picnic. Don't forget your sunscreen!

CRAFT TIME

August 10th, 10:00-11:00am

Bring your preschoolers and join Meghan to unleash your creativity with a variety of arts and crafts. No childcare is available but feel free to bring younger siblings with you.

STRONG WOMEN

August 13th, 1:00-3:00pm

Join Kira, Nicole, and fellow women for an afternoon of reflective and confidence building activities and conversation.

Music with Meghan & Maki

August 8th, 10:00am – 11:30am

Come join us for guitar and song. Feel free to bring your own instruments to add to the band.

LUNCH AND SNACKS

August 16th, 9:30-11:30am

Join Kira and other parents to talk about yummy, healthy, and low cost snack/lunch ideas for the kids. We'll prepare a few snacks for your children to taste test. Feel free to bring any favorite recipes you'd like to share.

BUSY BEE AND ME

August 22nd, 10:00-11:30am

Bring your tumbling toddler and join Jane for a morning of climbing, jumping, bouncing and exploring as we discover new adventures together. This program is for children age's 1-3 years. Childcare is not available for this program.

COMMUNITY KITCHEN

August 23rd, 9:30-11:30am

Come and help prepare a nutritious and economical meal. You'll get to take home enough to feed your family supper that night. In order to ensure everyone gets an opportunity to participate, we ask that you not register two months in a row.

FAMILY FUN DAY

August 27th, 10:00am-1:00pm

Come join the Chebucto Family Center for a few hours of fun for the whole family! Come meet the police horses, see the fire trucks and try out some judo. We'll have BBQ hotdogs and drinks. Please call to register.

MUSIC AND MOVEMENT

August 29th, 10:00-11:30am

Come join Jane for a morning of singing, dancing and storytelling!

SLEEPYHEAD BREAKFAST

August 30th, 10:00-11:30am

The Centre invites you to attend our semi-annual Sleepyhead Breakfast. Come join us for pancakes in your jammies! Everyone is welcome. Please call to register.

Dal Law clinic

August 3rd, 1:00pm – 3:00pm

If you are looking for advice and direction on a legal issue please book and appointment. Susan Young is an experienced Dal Legal Aid Lawyer. Childcare may be available on request.

FREE Drop-in Swims at the Captain William Spry Pool each Wednesday from 11:30am-1:00pm. Drop-in for the "Parent and Tot" swim for preschoolers. This is only available to PARTICIPANTS of Chebucto Family Centre. In order to participate in the swim give us a call to register before noon the Tuesday prior to the swim.

We ask that you arrive no earlier than 10 minutes before your program starts, this is to allow staff time to prepare. PLEASE CALL if you cannot attend a program, so someone else can have a

You can now receive a PDF Version of our Calendar, from our WEBSITE! Visit us at [www.http://homeoftheguardianangel.ca/](http://www.homeoftheguardianangel.ca/)

We are open Monday, Wednesday, Thursday and Friday from 9:00am-4:00pm, Tuesday 9:00am-12:00pm

AUGUST 2012

Chebucto Family Centre
A Service of the Home of the Guardian Angel
3 Sylvia Ave, Halifax NS B3R 1J7
Email: hga@hgahfx.ca
Phone: 479-3031 Fax: 492-4547

Staff

Deborah Hutchinson - Office Admin Ext. 301
 Nicole Clarke- CFC Coordinator Ext. 302
 Meghan Hall-Program Assistant Ext 302
 Tammy Turple - Home Visitor Ext. 303
 Ginny Hennigar - Home Visitor Ext. 304
 Erin Fair - Doula Program Ext. 305
 Jane Hall - Early Childhood Educator Ext. 310
 Kira Kelly - Parenting Counsellor Ext. 311
 Trena S. Gallant - Prenatal /Postnatal Ext.312

Programs and Services Offered

- Infant Massage
- Breastfeeding Support/Clinic
- Volunteer Doula Support
- Enhanced Community Home Visitor
- Support to new moms and their infants
- Prenatal Program
- Parenting Programs and Education
- Family Support and Counselling
- Family Wellness
- Preschool

For more information on our programs and services visit our website at

www.homeoftheguardianangel.ca

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<i>As much as we watch to see what our children do with their lives, they are watching us to see what we do with ours. I can't tell my children to reach for the sun. All I can do is reach for it, myself. ~Joyce Maynard</i>		1 Kidston Lake Swim 10:00am-2:00pm	2 Walk-N-Talk 10:00-11:30am Infant Massage 1:15-2:15pm	3 Susan Young 1:00-3:00pm	4
5	6 CENTRE IS CLOSED FOR NATAL DAY	7 Zumba 10:00-11:00am Breastfeeding Support 10-11:30am CENTRE IS CLOSED from 12-4pm	8 Music with Meghan & Maki 10:00am-11:30am	9 Craft Time 10:00-11:00am Infant Massage 1:15-2:15pm	10	11
12	13 Parent Drop In 10:00am -11:00am Strong Women 1:00-3:00pm	14 Yoga 10:00-11:00am Breastfeeding Support 10-11:30am CENTRE IS CLOSED from 12-4pm	15 Blanket Buddies 10:00-11:00am	16 Lunch and Snacks 9:30-11:30am Infant Massage 1:15-2:15pm	17	18
19	20 Parent Drop In 10:00am -11:00am	21 Zumba 10:00-11:00am Breastfeeding Support 10-11:30am CENTRE IS CLOSED from 12-4pm	22 Busy Bee and Me 1:00-3:00pm	23 Community Kitchen 9:30-11:30am Infant Massage 1:15-2:15pm	24	25
26	27 Family Fun Day 10:00am-1:00pm	28 Yoga 10:00-11:00am Breastfeeding Support 10-11:30am CENTER IS CLOSED from 12-4pm	29 Music and Movement 10:00am-11:30pm	30 Sleepyhead Breakfast 10:00am-11:30am Infant Massage 1:15-2:15pm	31	