

## WHAT'S NEW IN NOVEMBER 2012

**\*\*Registration begins on – Friday October 26th**

**Please call or drop- in to register for November's programs 479-3031 ext 302**

### **IMPORTANT NOTICES** **HOLIDAY HOURS**

Please note that the Centre will be closed on **Monday, November 12, 2012** for Remembrance Day.

### **PROGRAM TIMES**

Program times as posted on the calendar include class time, refreshment time and social time. Please plan to arrive 10 minutes before the starting time to get your children settled into the play area, and return to the playroom 10 minutes before the ending time to get your children ready and to touch base with the caregivers. This is to ensure that our staffs have enough time to prepare and clean up.

### **STAFF CHANGES**

The leaves are changing and so are we!

A WARM welcome and congratulations to:

- Theresa Rex-Banks who will be joining our staff team as a Community Home Visitor with the Healthy Beginnings program.
- Nicole Clarke will be moving into the role of a Community Home Visitor.
- Ginny Hennigar will now be the Center Coordinator.
- Tammy Turple is officially the Executive Director.

### **SPRY CAFÉ**

**November 14th 5:30-7:00pm**

Come enjoy a family friendly community supper. Please call ahead to book your family's reservation for this month's Spry Café. Food is served at 5:30pm, so be sure to come and get it while it is HOT! ☺

### **STAFF TRAINING**

**Please note that many staff will be attending off-site training for the week of Nov. 26 – 30.**

**We will resume regular programs the following week.**

### **PARENTING FAIR**

**Saturday, Nov. 17 10:00 – 1:00pm**

Bring your family to the Captain William Spry Community Centre for the 3<sup>rd</sup> Annual Parenting Fair. There will be lots of FREE information and resources, demonstrations and children's activities. Be sure to drop by and say hello to Kira and Jane at the discipline table.

### **ZUMBA**

**November 13<sup>th</sup> and 27<sup>th</sup>  
10:00-11:30am**

Come and get your salsa glow on with Belinda! Remember come dressed to sweat!

### **YOGA**

**November 6<sup>th</sup> & 20<sup>th</sup>  
10:00-11:30am**

Come and experience Yoga with Angeline and nurture your mind, body and spirit.

**Registration is required for both Zumba and Yoga.**

### **WOMEN OF WONDER**

**October 29<sup>th</sup>  
1:30-3:30pm**

An 8 week program, Women of Wonder or WOW for short, will guide you to discover your inner strengths. Come build your self-care "tool box" with Kira, Stephanie and fellow women! The fall session is full but we are taking registrations for January 2013. Please call 479-3031, ext.302



Thanks to Chebucto West Community Health Board for the funding to make this program possible!

**FREE Drop- in Swims at the Captain William Spry Pool each Wednesday from 9:00am-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.**

**PLEASE CALL if you cannot attend a program, so another family may be given a chance to come!**

You can now download a PDF Version of our Calendar, from our WEBSITE!

Visit us at [www.HomeOfTheGuardianAngel.ca/EVENTS](http://www.HomeOfTheGuardianAngel.ca/EVENTS)

**We are open Monday, Thursday and Friday from 9:00am-4:00pm, Tuesday 9:00am-12:00pm and Wednesday from 1:00pm-8:00pm**

# NOVEMBER 2012

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

## Staff

Tammy Turple – Executive Director Ext. 309  
 Deborah Hutchinson - Office Admin Ext. 301  
 Nicole Clarke- Home Visitor Ext. 303  
 Ginny Hennigar – Centre Coordinator Ext. 302  
 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](http://www.HomeOfTheGuardianAngel.ca)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 How to Talk Week 5 9:30-11:30am  Infant Massage 1:15-2:30pm	2  Preschool 9:30-11:30am	3
4	5 Parent Drop In 10:00am -11:30am  R&R 9:30-10:30am  WOW Wk2 1:30-3:30pm Incredible Years Wk7 6:30-8:30pm	6 YOGA 10:00-11:30am  Breastfeeding Support 10-11:30am  CENTRE IS CLOSED from 12-4pm  Prenatal 6:30-8:30pm	7  Preschool 1:30-3:30pm	8 How to Talk Week 6 9:30-11:30am  Infant Massage 1:15-2:30pm	9  Preschool 9:30-11:30am	10
11 LEST WE FORGET 	12 CLOSED FOR REMEMBRANCE DAY	13 Zumba 10:00-11:30am  Breastfeeding Support 10-11:30am  CENTRE IS CLOSED from 12-4pm  Prenatal 6:30-8:30pm	14  Preschool 1:30-3:30pm  Spry Café 5:30-7:00	15  Infant Massage 1:15-2:30pm	16  Preschool. 9:30-11:30am	17 Parenting Fair @Cptn. Wm Spry Community Centre 
18	19. Parent Drop In 10:00am -11:30am  WOW Wk3 1:30-3:30pm  Incredible Years Wk7 6:30-8:30pm	20 Yoga 10:00-11:30am  Breastfeeding Support 10-11:30am  CENTRE IS CLOSED from 12-4pm  Prenatal 6:30-8:30pm	21  Preschool 1:30-3:30pm  Board Meeting 7:00-9:00pm	22  Infant Massage 1:15-2:30pm  Doula steering committee mtg. 3pm	23  Preschool 9:30-11:30am <b>last class for 2012</b>	24
25 ** staff training week. Limited programs	26 Parent Drop In 10:00am -11:30am  WOW Wk4 1:30-3:30pm Incredible YearsWk10 6:30-8:30pm	27 Breastfeeding Support 10-11:30  CENTRE IS CLOSED from 12-4pm  Prenatal 6:30-8:30pm	28  Doula In Service 6:00-8:00	29	30 	