

CHEBUCTO FAMILY CENTER

WHAT'S NEW IN MARCH 2013 ?

****Registration begins on – Thursday, MARCH 28th**

Please call or drop- in to register for March's programs @ 479-3031 ext. 302

**INCOME TAX CLINIC. Tuesday afternoons.
March 5, 12, 19 & 26. 12noon-3:30pm.**

We have a volunteer available to assist low income families (*single \$30,000 or less; couple \$35,000 or less*) prepare their income tax return. By appointment only. Please call Ginny to book at 479-3031, ext 302.

**SPRY CAFÉ – March 13th,
5:30-6:30**

Please join us for a Spaghetti Supper with all the fixin's. Limited seating. Registration required.
Many thanks to "Ground Force Property Services Inc." for sponsoring Spry Café

PARENT MASSAGE. Monday, March 4, 10am-1pm

We are pleased to offer 1 hr. parent massage appointments at a nominal fee. Please call the front desk (ext 302) to book your appointment. Fees are payable directly to therapist. Cash only, please. We welcome Katherine Candline, RMT.

DAL LEGAL AID CLINIC

Are you having a "legal issue"? Not sure what rights you have? Not sure what to do? **Book an appointment for the next Dalhousie Law Clinic. – held monthly at the Chebucto Family Center.** Call Ginny at 479-3031 ext 302 to book a free, private appointment with Susan Young from Dal Legal Aid. Susan will be at the Chebucto Family Center on **Thursday, March 7th from 1-3 pm.**

**"BABY PLAYTIME" with Theresa
Wednesday 1:30 -3 pm**

Bring your baby out to play. Join Theresa for some social playtime in a safe, stimulating environment. This interactive program is for parents and newborn to 12months old babies. This is a drop-in program.

**ZUMBA Thursday, March 21 ^{from} 10 -11:30
YOGA Thursday. March 28 - 10:00-11:30am**

Come and experience Zumba with Belinda & Yoga with Nicole and nurture your mind, body and spirit.

Registration is required for both fitness programs

CHILI & CHAT. Monday, March 18th, 12:30-1:30 We want your input! Come join us for a warm bowl of chili & share your ideas for programs and services. Limited childcare. Please call to register

**STRONG WOMEN. March 26
9:30-11:30**

Join Kira, Stephanie and others to celebrate being a woman. Explore the power of positive thinking and do some fun, self-esteem building activities. Please call to register.

FAMILY BOWLING. Friday, March 15th 10-11am. You are invited to join us at the "South Centre Bowlarama" for an hour of bowling. 2 bumper lanes are reserved for our use. Children **MUST BE** accompanied by an adult. To celebrate spring break, we'll pick up the tab! Call to register.

IMPORTANT NOTICES

PROGRAM TIMES

Program times as posted on the calendar include class time, refreshment time and social time. Please plan to arrive only 10 minutes before the starting time to get your children settled into the play area, and return to the playroom at least 10 minutes before the ending time to get your children ready and to touch base with the caregivers. This is to ensure that our staff have enough time to prepare and clean up. **Please note that we will be open from 9-4 Wednesdays beginning in March. Evening programs and events will be scheduled**

DRESS TO PLAY. Please dress your children to play. Sometimes we get messy. Sometimes we will play outside.....comfy, "everyday clothes" are best.

STORM DAY POLICY Please note that if the schools in HRM are closed due to unsafe road / weather conditions, so are we. **If you are unsure, please call ahead. The number for school closures is**

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 **ACTIVE PARTICIPANTS** of Chebucto Family Centre. *New families, please call Ginny 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!

We are open Monday, Wednesday, Thursday & Friday 9-4 and Tuesday 9-12 noon.

***NOTE – we are now open Wednesday mornings.
Wednesday evenings are for scheduled events ONLY.***

MARCH 2013

Chebucto Family Center

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

www.HomeOfTheGuardianAngel.ca/EVENTS

Staff

Tammy Turple – Executive Director Ext. 309

Deborah Hutchinson - Office Admin Ext. 301

Nicole Clarke- Home Visitor Ext. 303

Theresa Banks -Rex- Home Visitor Ext.304

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

Andrea Hutchinson –Program Support EXT 307

Programs and Services Offered

- Infant Massage
- Breastfeeding Support
- Volunteer Doula Support & training
- Enhanced Community Home Visitor
- Support to new moms and their infants
- Prenatal Program
- Parenting Programs and Education
- Family Support and Counselling
- Family Fitness



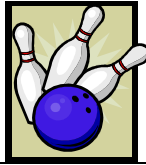


For more information on our programs and services visit our website at

www.HomeOfTheGuardianAngel.ca

To register for programs or general inquiries, please call Ginny at 479-3031 ext. 302.

Many thanks to our March Spry Café sponsor. Check out their website:

www.groundforceservices.ca

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					¹ “Tumblebugs” 8 9:30-11 “Tap the Tap” community meeting 1-3	²
³	⁴ Rock & Rhyme #9 9:30-10:30am Parent Massage 10-1 Parent Drop In 10:00am -11:30am Incredible Years Wk7 6:30 – 8:30	⁵ WOW wk. 6 9:30 -11:30 Breastfeeding Support 10-11:30 Income Tax Clinic 12-3:30pm Pre-Natal 6:30-8:30	⁶ “Tumblebugs” 9 9:30 -11 Baby Playtime 1:30-3	⁷ ZUMBA 10 – 11:30 Infant Massage 1:15-2:30pm Dal Law Clinic 1-3	⁸ “Tumblebugs” 10 9:30-11 (last class)	⁹ Yipee! March Break 
¹⁰ <i>Spring Forth</i>  <i>Daylight Savings time begins</i>	¹¹ Parent Drop In 10 -11:30 Incredible Years Wk 8 6:30 -8:30	¹² WOW wk7 9:30 -11:30 Breastfeeding Support 10-11:30 Income Tax Clinic 12-3:30pm	¹³ Baby Playtime 1:30-3 SPRY CAFÉ 5:30 -6:30 pm	¹⁴ Yoga 10 -11:30 Infant Massage 1:15-2:30pm	¹⁵ Family Bowling @South Center Bowlarama 10-11 am 	¹⁶
¹⁷	¹⁸ Parent Drop-In 10-11:30 Chili & Chat 12:30 -1:30 Incredible Years Wk 9 6:30-8:30pm	¹⁹ WOW Wk 8 9:30 -11:30 Breastfeeding Support 10-11:30 Income Tax Clinic 12-3:30pm	²⁰ Baby Playtime 1:30-3 Board Meeting 6:30 <i>1st day of spring</i> 	²¹ ZUMBA 10-11:30 Infant Massage 1:15-2:30pm	²² Post - Partum Doula Training	²³ Post-Partum Doula training
²⁴ Post-Partum Doula training	²⁵ Rock & Rhyme #1 9:30 – 10:30 Parent Drop-In 10-11:30 Incredible Years Wk.10 6:30-8:30pm	²⁶ Strong Women 9:30-11:30 Breastfeeding Support 10-11:30 Income Tax Clinic 12-3:30pm	²⁷ Baby Playtime 1:30-3 Doula In-service 6-8 pm	²⁸ Yoga 10 -11:30 Infant Massage 1:15-2:30 Doula steering committee 3 pm	²⁹ Good Friday CLOSED 	³⁰

