

CHEBUCTO FAMILY CENTER

WHAT'S NEW IN JUNE 2013 ?

****Registration begins on – Monday, May 27, 2013**

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

NEW. “SPRING SING”. Monday mornings in June 9:30-10:30. Families with young children are invited to join Ginny for an hour of interactive songs and rhymes. 4 week series. Best suited for infants and young toddlers. Limited childcare available for preschool aged siblings. Reserved spaces will be held for those who have not yet attended a “Rock N Rhyme” series. Please call to register.

SPRY CAFÉ` – June 12th, 5:30-6:30pm
Please join us for a “Summer’s Coming” supper prepared for you by a group of local youth soccer players and staff. This will be the last Spry Café’ until the fall.

Limited seating. Registration required.

PARENT MASSAGE. Monday, June 3, 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 Katherine Candline, RMT Cash only, please. *Please note: No childcare available for 12 o'clock appointment.*

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, June 13th from 1-3 pm.**

“BABY PLAYTIME” **every Wednesday 1:30 -3 pm**

Bring your baby out to play. Join us 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, June 13 & 27 ^{from} 10 -11:30am
YOGA Thursday, June 6 & 22 - 10:00-11:30am

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

Registration is required for both fitness programs

Incredible Years for Toddlers – **April 16 – June 18**

Join us to learn more about supporting your child’s social and emotional development and ways to prevent behaviour problems. We will learn practical ways to promote language, encourage play, establish routines, handle separations and provide limits. **This course is for families who are parenting toddlers 1-3 years old, it will last for 12 weeks—a commitment to attend all classes is required. Limited child care spaces. Registration required. Call Ginny @ 470-3031 ext 302**

NEW “Make & Take” Tuesday, June 25 9:30-11:30am

Join Kira & Ginny in the kitchen and prepare a family meal using sweet potatoes. Learn how to prepare a nourishing, home cooked meal for baby, toddler, and “big people”. **No cooking experience required – just a desire to learn and have fun.** Childcare and cooking spaces are limited. Call to register. Preference will be given to families currently parenting babies and/or toddlers.

“Community Kitchen” with a difference!!

Preschool . The last class will be on Friday, June 21st. Parents, make time to celebrate your child’s progress.

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.

“NO SCENTS MAKES SENSE”. Please refrain from wearing scented products when visiting our center. Many people are sensitive.

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.

Evenings are for scheduled events ONLY.

JUNE 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, please call:
 479-3031 ext. 302.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Spring Sing #1 9:30-10:30am Parent Massage 10-1 Parent Drop In 10:00am -11:30am	4 Toddler Incredible Year wk8 9:30-11:30 Breastfeeding Support 10-11:30 Pre-Natal #1 6:30-8:30	5 Preschool #13 9:30-11:30 Baby Playtime 1:30-3 SPRY CAFÉ 5:30 -6:30 pm	6 Yoga 10 -11:30 Infant Massage 1:15-2:30pm	7 Preschool #14 9:30-11:30	8
9	10 Spring Sing #2 9:30-10:30 Parent Drop In 10 -11:30	11 Toddler Incredible Years wk9 9:30 -11:30 Breastfeeding Support 10-11:30 Pre-natal #2 6:30-8:30	12 Preschool #15 9:30-11:30 Baby Playtime 1:30-3	13 Zumba 10-11:30 Dal Law Clinic 1-3 Infant Massage 1:15-2:30pm	14 Preschool #16 9:30-11:30	15
16	17 Spring Sing #3 9:30-10:30 Parent Drop-In 10-11:30	18 Toddler Incredible Years wk10 9:30 -11:30 Breastfeeding Support 10-11:30 Pre-Natal #3 6:30-8:30	19 Preschool #17 9:30-11:30 Baby Playtime 1:30-3 AGM 4 pm Board Meeting 6:30	20 Yoga 10 -11:30 Infant Massage 1:15-2:30 Doula steering committee 3 pm	21 Preschool #18 9:30-11:30 last day	22
23	24 Spring Sing #4 9:30 – 10:30 Parent Drop-In 10-11:30	25 “Make & Take” 9:30-11:30 Breastfeeding Support 10-11:30 Pre-natal #4 6:30 -8:30	26 Preschool #17 9:30-11:30 Baby Playtime 1:30-3 Doula BBQ 6pm	27 Zumba 10-11:30 CENTER CLOSED at 12 NOON  “ Birth” the play Fundraiser 7pm 	28 CENTER CLOSED ALL DAY 	29