

****Registration begins on Monday, October 28, 2013**

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

Community drop-in, Breastfeeding Support, Infant Massage & Baby Playtime are drop-in programs. No need to register.

PROGRAM TIMES

Program times 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 has enough time to prepare and clean up.

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

Tuesday afternoon "Specials"

Nov. 12th Advent Calendar Making with Courtney.

Nov. 19th – CLOSED for CPNP gathering

November 26th – "Strong Women" with Kira

"BABY PLAYTIME" & "BACKYARD ADVENTURES" NEW TIME

Wednesdays 1:00 -2:30pm

Bring your baby to play in the playroom. Join us for some social playtime in a safe, stimulating environment. This interactive program is for parents and babies; newborn to 12 months old. Older children can register to join the "Backyard Adventurers" - an outdoor preschool program in our secure play yard.

ROCK n' RHYME- Mondays @ 9:30am

Please call to register for a new group starting in November. Priority will be given to those who have not yet had a chance to attend. 6 week series.

NEW!! Family Home Daycare Program

Please contact Jane or Kira if you are interested in learning more about becoming a self-employed child care provider. Training is FREE.

INCREDIBLE YEARS - 6 -12 year olds.

Monday evenings Sept 16 – Dec 16

A FREE 12 week parenting course through the Chebucto Community Health Team. Please call Monique at 487-0690 to be placed on the list for the next series.

TODDLER INCREDIBLE YEARS 2-5 yr olds

Tuesday mornings -9:30-11:30

Kira & Andrea are facilitating this 12 week parenting program.

NEW! Community Helping Tree Info Session.

Friday, Nov. 29th. Do you ever wish you knew where to find a helping hand? Do you have something to share? Join Tammy & Nicole to talk about ways to organize a local helping tree. Please call to register.

Community Drop-In. every Monday 10-11:30.

Come down to the playroom to visit with each other and get to know our child care staff. Refreshments provided. All welcome.

Spry Café

Wednesday, November 13. 5:30-6:30. Families in our local community are welcome to join us for supper. Please call to register. Seating is limited.

This month's café is sponsored by St. Michaels Youth Group

COMMUNITY KITCHEN Wed, Nov 27th

"Kickin' Up A Can Of Soup"

Join Tara Jones from the IWK health team for a fun and informative cooking session.

You will prepare an easy, delicious, nutritious & economical meal and take home enough to feed your family

DAL LEGAL AID CLINIC - Thur, Nov 21

Are you having a "legal issue"? Not sure what rights you have? Not sure what to do? **Book an appointment for the next Dal 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.

Thursday Morning Fitness 10-11:30

Yoga – Nov. 7 & 21

Fitness with Friends – Nov. 14 & 28

Registration required. Limited childcare spaces.

NEW!! P.Y.O. (Play Yard Open) Need a safe place to play with your child? Community members are invited to use our outside playspace during times designated on the monthly calendar. Parental supervision only – no staff available.

NOTICES – FALL CHANGES AT CFC

*... please remember, if HRM schools are closed **due to weather**, so are we.



*We are now CLOSED on **Monday afternoons** instead of Tuesday afternoons.

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

We are open to the community – Tuesday, Wednesday, Thursday & Friday 9-4 and Monday 9-12 noon. Pop in during those hours to use our Tradin' Cupboard, our Clothing Cupboard, or just for a coffee and a chat.

NOVEMBER 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

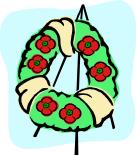
Staff
 Tammy Turple - Executive Director Ext. 309
 Deborah Hutchinson - Office Admin Ext. 301
 Nicole Clarke - Home Visitor Ext. 303
 Theresa Banks-Rex - Home Visitor Ext.304
 Ginny Hennigar -Centre Coordinator Ext.302
 Jessie Harold - Doula Program Ext. 305
 Jane Hall –Family Day Home Coordinator Ext.310
 Kira Kelly - Parenting Counsellor Ext. 311
 Trena S. Gallant - Prenatal /Postnatal Ext.312
 Andrea Townsend–Program Support Ext. 307
 Jen David – Playroom Facilitator, ext 306

Programs and Services Offered

- Infant Massage
- Breastfeeding Support
- Volunteer Doula Support & training
- Enhanced Community Home Visitor
- Support to new moms and their infants
- Prenatal & postnatal education & support
- Parenting Programs and Education
- Family Support
- Community fitness classes
- Practical support –basic family and personal needs

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 Playschool 9:30-11:30 PYO -12-3:30	2
3	4 Rock & Rhyme Wk 1 9:30 - 11 Community Drop In 9:30 -11:00 CLOSED AT NOON Incredible Years-wk 7 6:30-8:30	5 Toddler Incredible years Week 6 9:30-11:30 Breastfeeding Support 10-11:30 PYO 9:30-12:30 Pre-natal - Class #1 6:30	6 Playschool 9:30-11:30 Week 8 Baby Playtime & Backyard Adventures 1 – 2:30	7 Yoga 10-11:30 Infant Massage 1:15-2:30pm PYO 12-3:30	8 Playschool 9:30-11:30 PYO 12-3:30	9
10	11  CLOSED Remembrance Day	12 Toddler Incredible Years Wk 7 9:30-11:30 Breastfeeding Support 10-11:30 PYO 9:30-11:30 <u>Advent Calendar Craft Making</u> <i>1-3</i> Pre-natal - Class # 2 6:30	13 Playschool 9:30-11:30 Week 9 Baby Playtime & Backyard Adventures 1 – 2:30 Spry Café 5:30-6:30	14 Fitness with Friends 10-11:30 Infant Massage 1:15-2:30pm PYO 12 - :3:30	15 Playschool 9:30-11:30 PYO 12 – 3:30	16 Parenting Fair at Cptn Wm Spry Center 10-1
17	18 Rock n' Rhyme Wk 2 9:30 – 11 Community Drop In 9:30 -1100 <u>Toddler Incredible Yrs Wk 8 1-3pm</u> Incredible Years-wk 8 6:30-8:30	19 Breastfeeding Support 10-11:30 PYO 9:30-11:30 <u>Closed at noon for the CPNP Gathering 12:30-4</u> no prenatal today	20 Playschool 9:30-11:30 Week 10 CPNP Gathering 9-4 Baby Playtime & Backyard adventures 1-2:30 Board Meeting 7pm	21 Yoga 10-11:30 Dal Law Clinic 1-3 Infant Massage 1:15-2:30pm PYO 12-3:30	22 Playschool 9:30-11:30 (last day) PYO 12-3:30	23
24	25 Rock n' Rhyme Wk 3 9:30 -11 Community Drop-In 9:30-11:00 Registration Day for December events 9-12 –CLOSED AT NOON Incredible Years wk 9 6:30-8:30	26 Toddler Incredible Years Wk 9 9:30-11:30 Breastfeeding Support 10-11:30 PYO 9:30-11:30 Strong Women 1-3 Pre-natal – Class #3 6:30	27 Community Kitchen 10-11:30 Baby Playtime 1:30-3 Backyard Adventures 1-2:30 Doula Holiday social 6-8:30	28 Fitness with Friends 10-11:30 PYO -12-3:30 Infant Massage 1:15 – 2:30pm Doula Steering committee 3-4pm	29 Community Helping Tree info session 9:30-11:30 PYO 12 - 3:30	30