

****Registration begins on Monday December, 23**

Please call or come in to register for December'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.

Zumba is back!!

January 9th and 23rd 10-11:30

We are happy to have a new instructor, Darren. We hope to see all our regular Zumba folks back and perhaps some new faces as well. It should be lots of fun and full of energy!
Registration required. Limited childcare spaces.

"BABY PLAYTIME"

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 12months old.

This is a drop-in program; no registration is required and no childcare is provided.

Prenatal Classes with Trena

This 8 week series will cover everything you need to know about healthy pregnancies, birth and the postpartum period. Including infant care and feeding.

Tuesday evenings 6:30-8:30

Please call to register @ 479-3031 Ext 312

Wee-Ones of Wonder- WOW-E

Wednesday 9:30-11:30am and Friday 10-11:30am starting January 8th

Looking to develop more skills to support your preschoolers emotional wellness? Join WOW-E to discover new ways to support your child's emotional development.

Your preschooler will participate in fun activities and help you create a "Tool Kit." This program will run for 5 weeks, limited space call ahead 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 staff. Refreshments provided. All welcome.

STORMY WEATHER please remember, if HRM schools are closed **due to weather**, so are we!



Spry Café

Wednesday, January 22, 5:30-6:30pm. Families in our local community are welcome to join us for supper. Please call to register. Seating is limited.

ROCK n' RHYME- Mondays @ 9:30am

This is a 6 week parent & baby interactive program. New session is starting in January, please call to register.

COMMUNITY KITCHEN

Tuesday, January 14, 10-11:30am

Join Tara Jones-Coordinator of Community Nutrition, from the IWK Health Team. She will lead us in preparing an economical and delicious meal. Her recipes are uncomplicated and nutritious. As always, you will take home enough for your family's dinner that night.

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 Dal Law Clinic on Jan 23 at the Chebucto Family Center. Call 479-3031 Ext. 302, to book a free, private appointment

Yoga with Nicole

January 16th and 30th, 10-11:30am

Join Nicole to nurture both your body and your mind. She will guide and assist you to a place of stillness and strength.

Call to register. Childcare spaces are limited.

New member of the team!

Please join us in welcoming Krista Greencorn to our team. She will be assisting Ginny in the playroom as well as helping Andrea out a couple days a week.

Our Family Home Daycare Agency is up and running!!

We have some homes ready to accept children starting in January. If you or anyone you know is looking for childcare, **get in touch with Jane at 479-3031 Ext 310**
Also, We are still always looking for more care providers.

Thank-you to Symphony Nova Scotia for their generous donation of tickets to The Nutcracker! We hope those of you that attended enjoyed the show.

Tickets are now on sale for our spring fundraiser!!

Comedy for Community; a Night of Punchlines for Proceeds will take place on May 15, 2014

Check out www.bellaroseartscentre.com for more information and tickets.

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. Evenings are for scheduled events ONLY.

January 2014
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 – Playroom Facilitator Ext.306
 Jessie Harrold - 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 – Centre Coordinator Ext 302
 Krista Greencorn – Program Support

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 New Year's Day 	2 Re-open at 9am	3	4
5	6 Community Drop-in 9:30 -11:00 CLOSED AT NOON	7 Breastfeeding Support 10-11:30 Pre-natal Wk 1 6:30-8:30	8 Wow-E -Wk 1 9:30-11:30 Baby Playtime 1:00-2:30	9 Zumba 10:00-11:30 Infant massage 1:15-2:30pm	10 Wow-E 10:00-11:30	11
12	13 Rock & Rhyme Wk 1 9:30-11:00 Community Drop-in 9:30-11:00 CLOSED AT NOON	14 Community Kitchen 10:00-11:30 Breastfeeding Support 10-11:30 Pre-natal Wk 2 6:30-8:30	15 Wow-E-Wk 2 9:30-11:30 Baby Playtime 1:00-2:30 Board Meeting 6:30	16 Yoga 10:00-11:30 Infant massage 1:15-2:30	17 Wow-E 10:00-11:30	18
19	20 Rock & Rhyme Wk 2 9:30-11:00 Community Drop-In 9:30-11:00 CLOSED AT NOON	21 Breastfeeding Support 10-11:30 Pre-natal Wk 3 6:30-8:30	22 Wow-E-wk 3 9:30-11:30 Baby Playtime 1:00-2:30 Spry Café 5:30-6:30	23 Zumba 10:00-11:30 Infant massage 1:15-2:30 Dal Law 1-3 Doula Steering Committee 3-4pm	24 Wow-E 10:00-11:30	25
26	27 Rock & Rhyme Wk 3 9:30-11:00 Community Drop-In 9:30-11:00 CLOSED AT NOON	28 Breastfeeding Support 10-11:30 Pre-natal Wk 4 6:30-8:30	29 Wow-E-wk 4 9:30-11:30 Baby Playtime 1:00-2:30 Doula In-Service 6-8:30	30 Yoga 10:00-11:30 Infant massage 1:15-2:30	31 Wow-E 10:00-11:30	