

****Registration begins on Monday March 31****

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

Community drop-in, Breastfeeding Support, Infant Massage & Baby Playtime are all 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

April 10th and 24th, 10-11:30

We are pleased to have a new instructor, Darin. We are happy to see some regular Zumba folks back and some new faces as well. It is lots of fun and full of energy!
Registration required. Limited childcare spaces.

Spry Café

Wednesday, April 9th, 5:30-6:30pm.

Families in our local community are welcome to join us for supper.

Please call to register. Seating is limited.

Thank you to Chebucto Community Health Board for sponsoring April's dinner.

“BABY PLAYTIME”

Wednesdays 1:30 -3:00pm

Bring your baby to play! 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.

In celebration of Earth Day on April 22, we will be having 2 special events.....

10-11am - Earth Day Adventure, a scavenger hunt on McIntosh Run. You can meet us at the centre at 9:45, or at McIntosh Run.

1-3pm – Natural Cleaning Product Workshop with Trena

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

DAL LEGAL AID CLINIC – April 17

Are you having a “legal issue”? Not sure what rights you have? Not sure what to do?
Call 479-3031 Ext. 302, to book a free, private appointment with Susan Young from Dal Legal Aid.

Toddler Time! Tuesday 10:00-11:00

April 8, 15, 22, 29

Bring your toddler out to play with the caregivers. This group will be led by Ginny, our Playroom Facilitator. The focus will be on developmentally appropriate activities for 13-35 month old children.

This program requires pre-registration and there is limited space. Please call to register.

Yoga with Michelle

April 3rd and 17th, 10-11:30am

Join Michelle 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.

INCOME TAX CLINIC

Tuesday afternoons

If you are interested in coming in to have your taxes done, call **479-3031 Ext 302** to book an appointment.

Community Drop-In. Every Monday 9:30-11:30.

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

Our Family Home Daycare Agency is up and running!!

We have some homes ready to accept children. If you or anyone you know is looking for childcare, **get in touch with Jane at 479-3031 Ext 310**

Also, we are always looking for more care providers, especially anyone interested in providing before and/or after school care for school age children.

Reiki with Nicole

Monday April 28

Call to book if you are interested in a treatment.

Easter Egg Hunt



Hop on in to join the fun!!
Wednesday, April 16

Registration Required

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 – Monday 9-12 noon, and Tuesday, Wednesday, Thursday & Friday 9-4
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.

April 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 Toddler Time 10:00-11:00 Breastfeeding Support 10-11:30 Pre-natal Wk 2 6:30-8:30	2 Playschool 9:30-11:30 Baby Playtime 1:30-3:00	3 Yoga 10:00-11:30 Infant massage 1:15-2:30	4 Playschool 9:30-11:30	5
6	7 Rock & Rhyme Wk 5 9:30-11:00 Community Drop-in 9:30 -11:00 CLOSED AT NOON Incredible Years – Week 4	8 Toddler Time 10:00-11:00 Breastfeeding Support 10-11:30 Pre-natal Wk 3 6:30-8:30	9 Playschool 9:30-11:30 Baby Playtime 1:30-3:00 Spry Café 5:30-6:30	10 Zumba 10:00-11:30 Infant massage 1:15-2:30pm	11 Playschool 9:30-11:30	12
13	14 Rock & Rhyme Wk 6 9:30-11:00 Community Drop-in 9:30-11:00 CLOSED AT NOON Incredible Years – Week 5	15 Toddler Time 10:00-11:00 Breastfeeding Support 10-11:30 Pre-natal Wk 4 6:30-8:30	16 Easter Egg Hunt 10:00-11:00 Baby Playtime 1:30-3:00 Board Meeting 6:30	17 Yoga 10:00-11:30 Infant massage 1:15-2:30 Dal Law 1-3	18 Good Friday CENTRE CLOSED 	19 
20  Happy Easter!	21 Easter Monday CENTRE CLOSED 	22 Happy Earth Day!! See other side for our Earth Day events  Pre-natal Wk 5 6:30-8:30	23 Pre-school 9:30-11:30 Baby Playtime 1:30-3:00	24 Zumba 10:00-11:30 Infant massage 1:15-2:30 Doula Steering Committee 3-4pm	25 Pre-school 9:30-11:30	26
27	28 Reiki 9:30-12:00 Community Drop-In 9:30-11:00 CLOSED AT NOON Incredible Years – Week 6	29 Toddler Time 10:00-11:00 Breastfeeding Support 10-11:30 Pre-natal Wk 6 6:30-8:30	30 Pre-school 9:30-11:30 Baby Playtime 1:30-3:00 Doula In-Service 6-8:30			