

**\*\*Registration begins on Monday, September 29\*\***

**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 start 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**

A Latin dance inspired group fitness class.  
Get moving and have fun at the same time.

Thursdays – October 9 and 23

**10 AM**

Pre-registration is required.

Childcare spots are limited.

**Finance Workshop**

Want to learn how to manage your finances better?  
Interested in some tips for budgeting the additional expense of Christmas? Come join Elizabeth from Adsum Centre on October 14, from 1:30-3:00.

Pre-registration required

Limited childcare space available

**PLEASE NOTE**

**Registration will start at 9:30am on September 29 and be accepted in person or by phone only.**

**Intro to Making the Most of Your Food Dollar**

Join us for a session on making your food dollar stretch.

Learn practical tips when grocery shopping and meal planning for a healthier you!

Tuesday, October 7 – 1:30-3:00

To register call 902-487-0690 or visit [communityhealthteams.ca](http://communityhealthteams.ca)

Reiki is a peaceful and calming healing art that is suitable for any and all. There is no massaging or manipulation of tissues or joints. Treatments are 30 minutes in length and clients are fully clothed; so wear your comfies. Reiki is not founded in religion, so it honors all beliefs. For more information on reiki; please contact Nicole Clarke at [nicole@hgahfx.ca](mailto:nicole@hgahfx.ca)

**Appointments available every second Monday @**

**9:30, 10:15 and 11:00**

**October dates are the 6<sup>th</sup> and 20<sup>th</sup>**

**Girl Talk – October 8 and 22**

Come join Crystal for some girl time and refreshments.

Pre-registration required – childcare provided

**Introduction to Assertiveness**

Being assertive means being able to ask for what you want and expressing how you feel, while respecting other people. Being assertive is a communication style that can help you feel confident and improve your relationships. Learn more about your assertive rights, the nine skills for assertiveness and the Assertiveness Training Weekly Program in this one-session introduction.

Tuesday, October 21 – 1:30-3:30

To register call 902-487-0690 or visit [communityhealthteams.ca](http://communityhealthteams.ca)

**Anger; Letting Go**  
Anger is healthy to feel, as it calls attention to something that needs to change. Join Nicole to explore how you can help yourself let go of anger and make a choice to be a healthier version of you because of it!

**Tuesday, October 28, 1-3**

**Pre-register, childcare available**

Our *Halloween* gathering will take place on Wednesday, October 29, 10-11:30.

Families are welcome to come in costume for some ghoulish games and treats.

**Please pre-register**

**“BABY PLAYTIME”**

**Wednesdays 1:30-3:00pm**

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**

**Yoga**

Thursdays @ 10am  
October 2, 16, and 30

Join Nicole to nurture both your body and your mind.

Pre-registration required

Limited childcare spaces

**Book Buddies**

A reminder that we have Book Buddies bags available for borrowing. They are equipped with books, activities and puppets. They are available to be signed out for 2 weeks, and taken home to enjoy with your child(ren)

**See centre staff for information or details**

**PLEASE CALL if you can't attend a program, so another family may be given a chance to come.**

We are open to the community – Monday 9-12 and Tuesday, Wednesday, Thursday & Friday 9-4

Visit during those hours to use - Tradin' Cupboard, Clothing Cupboard, or for a coffee and a chat.

**Evenings are for scheduled events ONLY.**

**October 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-Family Wellness Co-ord. Ext. 313  
 Sarah Hicks – 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  
 Crystal John - Parenting Educator Ext. 311  
 Trena S. Gallant - Prenatal /Postnatal Ext.312  
 Andrea Townsend – Centre Coordinator Ext 302  
 Erinn Baillie – Program Support  
 Megan Finlay – Program Support (Part time)

**Programs and Services Offered**

- Infant Massage
- Breastfeeding Support
- Volunteer Doula Support & training
- Community Programs
- 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](http://www.HomeOfTheGuardianAngel.ca)

To register for programs, please call: 479-3031 ext. 302

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Baby Playtime 1:30-3	2 Yoga 10:00  Infant massage 1:15 Incredible Years- School Age 6:30-8:30	3	4
5	6 Reiki 9:30-12 Rock and Rhyme 9:30 Community Drop-in 9:30-11:00 <b>CLOSED AT NOON</b>	7 Breastfeeding Support 10-11:30 Incredible Years-Toddler 10:00-12 Making the Most of Your Food Dollar 1:30-3:00 Prenatal 6:30-8:30	8 Girl Talk 9:30-11:30 Baby Playtime 1:30-3  Spry Cafe 5:30-6:30	9 Zumba 10:00 Infant massage 1:15  Incredible Years- School Age 6:30-8:30	10	11
12	13  <b>CENTRE CLOSED</b>	14 Breastfeeding Support 10-11:30 Incredible Years-Toddler 10:00-12 Prenatal 6:30-8:30	15 Baby Playtime 1:30-3  Board Meeting 6:30	16 Yoga 10:00 Infant massage 1:15 Dal Law 1-3 Incredible Years- School Age 6:30-8:30	17	18
19	20 Reiki 9:30-12 Rock and Rhyme 9:30 Community Drop-in 9:30-11:00 <b>CLOSED AT NOON</b>	21 Breastfeeding Support 10-11:30 Incredible Years-Toddler 10:00-12 Intro to Assertiveness 1:30-3:00 Prenatal 6:30-8:30	22 Girl Talk 9:30-11:30  Baby Playtime 1:30-3	23 Zumba 10:00 Doula Steering Committee 12-1 Infant massage 1:15 Incredible Years- School Age 6:30-8:30	24	25
26	27 Rock and Rhyme 9:30 Community Drop-In 9:30-11:00 <b>CLOSED AT NOON</b>	28 Breastfeeding Support 10-11:30 Incredible Years-Toddler 10:00-12 Anger; Letting Go 1:00-3:00 Prenatal 6:30-8:30	29 Halloween Party 10-11:30 Baby Playtime 1:30-3 Doula In-service 6-8:30	30 Yoga 10:00 Infant massage 1:15 Incredible Years- School Age 6:30-8:30	31 