

****Registration begins on Monday, November 24****

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**.

Dear Doula

Formerly ‘Breast Feeding Support’

If you have any questions or concerns regarding anything post partum, stop by and chat with Whitney on Tuesday mornings between 10 and 11:30.

Pre-registration is **not** required

Holiday Baking - Dec 9, 9:30-11:30

Join us in the kitchen to make some yummy holiday treats.



Pre-register; limited child care space

Advent Spiral

Thursday, December 18 @ 6:30

This is a peaceful way to celebrate the coming of the light into the world, which is the essence of Christmas as well as the winter celebration of other faiths too. It gives us a chance to reflect in quietness and to put the commercialism of the season aside. This special event is designed for families with children who are old enough to sit quietly through the candle lighting ceremony, usually preschool age or older, or infants. Please call ahead to register.

Divine Yoga Nidra

Tuesday, December 16 9:30-11:30

Nicole will guide through a deep and relaxing experience, while you are cuddled up under your cozy blanket! Yoga Nidra is very restorative and is the equivalent of three hours sleep! Who doesn't need that in the middle of the Holiday Hustle?!

Christmas Bazaar

This ever popular event will take place on Wednesday, December 10th, 10:00-11:30

There will be stocking stuffers and gifts available to buy from .50 to \$5.00. Cash only, please. While you shop, your child(ren) can participate in some holiday themed activities in the playroom.



Spry Cafe – December 10th 5:30-6:30

Families in our local community are welcome to join us for an early Christmas supper. Please call to register.

Seating is limited. Registration required

This month's café is sponsored by a local group of girlfriends as their annual “CHICKMAS” project.



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

Appointments available every second Monday @ 9:30, 10:15 and 11:00

December dates are the 1st and 15th

Girl Talk – December 3rd and 17th

Come join Crystal and Andrea for some girl time and refreshments.

Pre-registration required – childcare provided

We will be closing at noon on December 24 and re-opening at 9am on Friday, January 2.



We wish you all the warmth and comfort of the holiday season.

Yoga

Thursday

**December 11
9:30 and 10:45**

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.

December 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



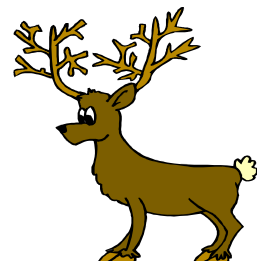
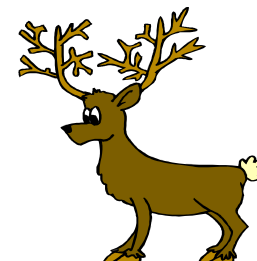
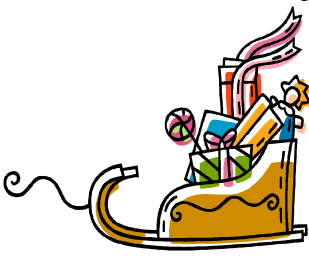
Tammy Turple - Executive Director Ext. 309
 Deborah Hutchinson - Office Administrator Ext. 301
 Nicole Clarke-Family Wellness Co-ordinator Ext. 313
 Sarah Hicks – Home Visitor Ext. 303
 Theresa Banks-Rex - Home Visitor Ext. 304
 Ginny Hennigar – Playroom Facilitator Ext. 306
 Erin Fair-Vol. Doula Program Co-ordinator Ext. 305
 Whitney Cruikshank – VDP Assistant Ext 305
 Jane Hall –Family Day Home Coordinator Ext. 310
 Crystal John - Parenting Educator Ext. 311
 Trena Slaunwhite-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

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Reiki 9:30-12 Rock and Rhyme 9:30 Community Drop-in 9:30-11:00 CLOSED AT NOON	2 Dear Doula 10-11:30 Incredible Years-Toddler 10:00-12 Prenatal 6:30-8:30	3 Girl Talk 9:30-11:30 Doula Holiday Gathering 6:00-8:30	4 Zumba 9:30 and 10:45 Infant massage 1:15 Incredible Years- School Age 6:30-8:30	5	6
7	8 Rock and Rhyme 9:30 Community Drop-in 9:30-11:00 CLOSED AT NOON	9 Dear Doula 10-11:30 Holiday Baking 9:30-11:30 Prenatal 6:30-8:30	10 Christmas Bazaar 9:30-11:00 Spry Cafe 5:30-6:30	11 Yoga 9:30 and 10:45 Infant massage 1:15 Incredible Years- School Age 6:30-8:30	12 CENTRE CLOSED	13
14	15 Reiki 9:30-12 Rock and Rhyme 9:30 Community Drop-in 9:30-11:00 CLOSED AT NOON	16 Dear Doula 10-11:30 Divine Yoga Nidra 9:30-11:30 Prenatal 6:30-8:30	17 Girl Talk 9:30-11:30 Board Meeting 6:30	18 Zumba 9:30 and 10:45 Infant massage 1:15 Advent Spiral 6:30pm	19 CENTRE CLOSING AT @ 2PM	20
21	22 CLOSED AT NOON	23 NO PROGRAMS	24 CHRISTMAS EVE CLOSING AT NOON FOR THE HOLIDAYS	25 CHRISTMAS DAY 	26 BOXING DAY	27
28	29 	30 	31 	1 	2 CENTRE RE-OPENS	3