

**\*\*Registration begins on Thursday, October 30\*\***

**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**

If you were in the October classes, your registration is carried through for the November 6<sup>th</sup> class. From there we will be doing 2 classes; one at 9:30 and one at 10:45 on November 20<sup>th</sup> and December 4<sup>th</sup> and 18<sup>th</sup>. You can register for the 3 November/December dates at once.

**Childcare available**  
**Pre-Registration required**

### **Girl Talk – November 5 and 19**

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

Pre-registration required – childcare provided

### **PARADE!**

The Spryfield Santa Claus Parade will be held on Sunday, November 30, 2-4pm. As in the past, we will be participating and invite you all to join us!



### **Holiday Themed Rock and Rhyme**

Mondays - Nov 24, and Dec 1,8,15

Join Trena for this continually popular parent and baby program, with a holiday twist!

Limited childcare provided  
Pre-registration required

### **Keeping the Heat In**

**Friday, November 7, 9:30-11**

Come get some tips on how to efficiently heat your home as well as conserve energy over the winter months; and all year long.

Call to register; limited child care space

### **Youth Night- Friday November 21, 6-8pm**

For youth aged 13-18

No need to register, just drop in.

Join Erinn and Sarah to make a pizza and watch a movie!

Similar events will be taking place at Family SOS (Nov 14) and Chebucto Connections (Nov 28)

### **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

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 and clients are fully clothed; so wear your comfies.

**Appointments available every second Monday @**

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

**November dates are the 3<sup>rd</sup> and 17<sup>th</sup>**

### **Gift Giving/Making on a Budget**

**Tuesday November 4<sup>th</sup>, 1-3pm**

Join us to discuss ways to create meaningful and inexpensive gifts this holiday season.

*Pre-registration required*

*Childcare available*

### **Scrapbooking and Card Making**

**Tuesday, November 25 – 1-3pm**

Are you a scrapbooker who is interested in making some holiday themed pages? Or would you like to make some lovely personalized cards?

**Childcare available**

**Please pre-register**

### **Yoga**

**Thursdays**

9:30 and 10:45

November 13<sup>th</sup> and 27<sup>th</sup>

Join Nicole to nurture both your body and your mind.

Pre-registration required

Limited childcare spaces

### **Wee Cook**

**November 12**

**10-11:30am**

Jane and Crystal invite families with children aged 3 and up to come cook with them!

Each family will take home a ‘mini chef kit bag’

**Pre-registration is required**

**There will be childcare available for younger children**

**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.

**November 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-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](http://www.HomeOfTheGuardianAngel.ca)

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
				Registration for November Programs Starting at 9:30		
2	3	4	5	6	7	8
	Reiki 9:30-12 Rock and Rhyme 9:30 Community Drop-in 9:30-11:00 <b>CLOSED AT NOON</b>	Breastfeeding Support 10-11:30 Incredible Years-Toddler 10:00-12 Gift Giving on a Budget 1-3 Prenatal 6:30-8:30	Girl Talk 9:30-11:30	Zumba 10:00 Infant massage 1:15 Incredible Years- School Age 6:30-8:30	Keeping the Heat In 9:30-11	
9	10	11	12	13	14	15
	Rock and Rhyme 9:30 Community Drop-in 9:30-11:00 <b>CLOSED AT NOON</b>	 Remembrance Day CENTRE CLOSED	Wee Cook 10-11:30  Spry Cafe 5:30-6:30	Yoga 9:30 and 10:45 Infant massage 1:15 Dal Law 1-3 Incredible Years- School Age 6:30-8:30		Parade of Lights 6pm
16	17	18	19	20	21	22
	Reiki 9:30-12 Rock and Rhyme 9:30 Community Drop-in 9:30-11:00 <b>CLOSED AT NOON</b>	Breastfeeding Support 10-11:30 Incredible Years-Toddler 10:00-12 Prenatal 6:30-8:30	Girl Talk 9:30-11:30  Board Meeting 6:30	Zumba 9:30 and 10:45 Infant massage 1:15 Incredible Years- School Age 6:30-8:30	Youth Night 6-8pm	
23/30	24	25	26	27	28	29
30 <sup>th</sup> - Spryfield Santa Claus Parade 2-4pm	Rock and Rhyme 9:30 Community Drop-In 9:30-11:00 <b>CLOSED AT NOON</b>	Breastfeeding Support 10-11:30 Incredible Years-Toddler 10:00-12 Holiday Scrapbooking and Card Making 1-3 Prenatal 6:30-8:30	Doula In-service 6-8:30	Yoga 9:30 and 10:45 Doula Steering Committee 12-1 Dal Law 1-3pm Infant massage 1:15 Incredible Years- School Age 6:30-8:30		