

**\*\*Registration begins on Friday, January 30<sup>th</sup> \*\***

**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

**Youth Night- Friday February 27, 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!

**Get on the Move!**

**--Learn how to make your life more active**

**Tuesday, February 3 – 1:30-3:30**

Would you like to learn how to add more physical activity to your life? During this workshop you will discuss the benefits of exercise, safety concerns, barriers to exercise and solutions to overcome those barriers. You will leave with the knowledge needed to make your own physical activity action plan. **\*\*You will not be exercising during this workshop\*\***

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

If you haven't already, like us on Facebook!

It is a great way to stay up-to-date with any last minute changes in scheduling or other events taking place throughout the community.

**Single and Parenting**

**February 9<sup>th</sup> – 6:30-8:30 @ YWCA**

Come join Crystal for some practical advice on the joys and challenges of being single and parenting our children.

**Please note: There is no childcare provided for this event.**

**Register via Andrea @ 479-3031 Ext 302**

**Spry Cafe – February 11<sup>th</sup>, 5:30-6:30**

Families in our local community are welcome to join us for supper. Please call to register. Seating is limited. Registration required.

This month's dinner is sponsored by the CFC Board of Directors

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**

**February dates are the 9<sup>th</sup> and 23<sup>rd</sup>**

**Girl Talk – February 14<sup>th</sup> and 28<sup>th</sup>, 9:30-11:30**

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

Pre-registration required – childcare provided

**Baby Sign Language with Marilyn**

**Friday, February 20<sup>th</sup> @ 10-11:30**

Learn some basic signs to assist you in communicating with your little one. This is an interactive program for both parent and baby.

Please pre-register

No childcare for older siblings

**Yoga**

Thursdays

February 5<sup>th</sup> and 19<sup>th</sup>

9:30 and 10:45

Join Nicole to nurture both your body and your mind.

Pre-registration required

Limited childcare spaces

**ZUMBA!**

Thursdays

9:30 and 10:45

February dates are the 12<sup>th</sup> and 26<sup>th</sup>

Pre-registration is required

Limited child care spots available

**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.

**February 2015**  
**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 307  
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
					30	31
	<b>Registration Day For February Programs</b>					
1	2	3	4	5	6	7
	Rock and Rhyme 9:30 Community Drop-in 9:30-11:00  <b>CLOSED AT NOON</b>	HOPE 9:30-11:30 Dear Doula 10-11:30  Prenatal #4 6:30-8:30	Playschool 9:30-11:30	Yoga 9:30 and 10:45  Infant massage 1:15  Incredible Years 6:30-8:30	Playschool 9:30-11:30	
8	9	10	11	12	13	14
	Reiki 9:30-12 Rock and Rhyme 9:30 Community Drop-in 9:30-11:00 <b>CLOSED AT NOON</b> Single and Parenting 6-8:30 <b>at YWCA</b>	HOPE 9:30-11:30 Dear Doula 10-11:30  Prenatal #5 6:30-8:30	Playschool 9:30-11:30  Girl Talk 9:30-11:30  Spry Cafe 5:30	Zumba 9:30 and 10:45  Infant massage 1:15  Incredible Years 6:30-8:30	Playschool 9:30-11:30	
15	16	17	18	19	20	21
	<b>CLOSED FOR VIOLA DESMOND DAY</b>	HOPE 9:30-11:30 Dear Doula 10-11:30  Prenatal #6 6:30-8:30	Playschool 9:30-11:30  Board Meeting 6:30	Yoga 9:30 and 10:45  Infant massage 1:15  Incredible Years 6:30-8:30	Playschool 9:30-11:30 Baby Sign Language 10-11:30 Youth Night 6-8	
22	23	24	25	26	27	28
	Reiki 9:30-12 Rock and Rhyme 9:30 Community Drop-in 9:30-11:00 <b>CLOSED AT NOON</b>	HOPE 9:30-11:30 Dear Doula 10-11:30  Prenatal #7 6:30-8:30	Girl Talk 9:30-11:30 Playschool 9:30-11:30  Doula In-service	Zumba 9:30 and 10:45 Doula Steering Committee 12-1 Infant massage 1:15 Incredible Years 6:30-8:30	Playschool 9:30-11:30	