

**\*\*Registration begins on Monday, January 5<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

**Spry Cafe – January 14<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

**Rock and Rhyme**

Our continually popular sing along group has a new session starting on January 12<sup>th</sup>. It takes place on Monday mornings at 9:30. **Please call to register as space is limited.**

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  
January dates are the 12<sup>th</sup> and 26<sup>th</sup>**

**H.O.P.E ~ Beyond Trauma; Healing Our Past Experiences**, is a program designed to empower women on their journey to healing from the impact of past trauma. Through group discussions, art-based activities and other practical exercises, participants discover a deeper sense of self, and build on their strengths while they explore ways to heal.

Registration will indicate an interest to participant. An intake process with Nicole and/or Crystal will determine full participation in the program. We welcome all that are curious to call.

**Girl Talk – January 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

**Scarf Making**

January 16<sup>th</sup>, 9:30-11:30  
Join Erinn and Andrea to arm-knit an infinity scarf.  
Supplies provided  
Call to register  
Child care available

**Community Kitchen**

Friday, January 23, 9:30-11:30

Come cook with Crystal and take enough home to feed your family for supper.  
Pre-registration required  
Child care space available

**Yoga**

Thursdays  
January 8<sup>th</sup> and 22<sup>nd</sup>  
9:30 and 10:45  
Join Nicole to nurture both your body and your mind.  
Pre-registration required  
Limited childcare spaces

**ZUMBA!**

Classes will resume in the New Year.  
Thursdays at 9:30 and 10:45  
January dates are the 15<sup>th</sup> and 29<sup>th</sup>  
Pre-registration is required  
Limited child care spots available

**Set an Intention**

January 7<sup>th</sup>, 9:30-11:30

Come join Nicole to take a look at all of the things you want in your life, and how you can start to take steps to creating your intentions. A playful look at goal setting and creating a vision for your life!

**Call to register**  
**Child care 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.

**January 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 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
		<b>Sending all of you best wishes for a happy and healthy 2015.</b>	<b>~From all of us at Chebucto Family Centre</b>			
4	5 REGISTRATION FOR JANUARY  Community Drop-in 9:30-11:00  <b>CLOSED AT NOON</b>	6  Dear Doula 10-11:30	7  Set an Intention 9:30-11:30	8  Yoga 9:30 and 10:45  Infant massage 1:15	9	10
11	12 Reiki 9:30-12 Rock and Rhyme 9:30 Community Drop-in 9:30-11:00 <b>CLOSED AT NOON</b>	13 HOPE 9:30-11:30 Dear Doula 10-11:30 Prenatal #1 6:30-8:30	14 Girl Talk 9:30-11:30  Spry Cafe 5:30	15 Zumba 9:30 and 10:45  Infant massage 1:15	16  Scarf Making 9:30-11:30	17
18	19 Rock and Rhyme 9:30 Community Drop-in 9:30-11:00 <b>CLOSED AT NOON</b>	20 HOPE 9:30-11:30 Dear Doula 10-11:30 Prenatal #2 6:30-8:30	21  Board Meeting 6:30	22 Yoga 9:30 and 10:45  Infant massage 1:15  Incredible Years 6:30-8:30	23  Community Kitchen 9:30-11:30	24
25	26 Reiki 9:30-12 Rock and Rhyme 9:30 Community Drop-in 9:30-11:00 <b>CLOSED AT NOON</b>	27 HOPE 9:30-11:30 Dear Doula 10-11:30 Prenatal #3 6:30-8:30	28 Girl Talk 9:30-11:30  Doula In-service	29 Zumba 9:30 and 10:45  Infant massage 1:15  Incredible Years 6:30-8:30	30	31