

****Registration begins on Monday March 2****

Please call or come in to register for programs @ 902-479-3031 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**.

Movie Night at The Mount- March 13

A group of Students at MSVU are hosting a charity day with all proceeds going to CFC. As part of the events there will be a movie night and they have extended the invite to all of you! The family friendly movie will start at 6pm with a PG-13 selection right afterward.

See Andrea at the front desk for further details.

Youth Night- Friday March 27, 6-8pm

For youth aged 13-18

No need to register, just drop in.

Join Erinn and Sarah for snacks and some fun activities!

March Break Events

Tuesday, March 17 – St. Patrick’s Day Brunch
@ 10-11:30am

Wednesday, March 18 – Afternoon Board Games
@ 1-2:30pm for Youth

Thursday, March 19 – Bowling @ Bowlarama
@ 10-11:30

**Please call to register
Childcare not available for these events**

Building Better Sleep

Tuesday, March 31 1:30-3:30

Do you ever wonder how you could get a better night’s sleep? How well you sleep can make a difference in how you live your life. Join us for a discussion on how to promote better sleep in your life.

Register online @ communityhealthteams.ca
Or call 487-0690

Limited childcare spots available

Nails-N-Nurture

March 24th 1-2:30pm

Spend some time on YOU! Give yourself a manicure, and share how else you take time out for yourself. You might just learn a new way to show yourself some much deserved love. Nail polish and individual supplies will be provided. *Scents are used from the nail polish.

Please call to register
Limited childcare provided

Spry Cafe – March 11, 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 MSVU Residence Life Team

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**

March dates are the 9th and 23rd

Girl Talk – March 11th and 25th , 9:30-11:30

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

Pre-registration required – childcare provided

Women of Wonder

March 10th, 1-2:30pm

In honour of International Women’s Day (March 8th), come and celebrate your own personal strengths through art and conversation.

Please call to register

Limited childcare available

To learn more about how you can support International Women’s Day, please see this link:

<http://www.internationalwomensday.com/theme.asp#.V>

Community Kitchen

March 31

9:30-11:30

Come cook a healthy and economical meal, and take enough home to feed your family that night!

Pre-registration required

Childcare space available

Fitness Thursdays

Yoga – March 5

Zumba – March 12 & 26

Open to all ages and Fitness levels

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.

March 2015
Chebucto Family Center
 A service of the Home of the Guardian Angel
3 Sylvia Ave, Halifax NS B3R 1J7
Email: info@hgahfx.ca
Phone: 902-479-3031 Fax: 902-492-4547

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 Ext. 314
 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: 902-479-3031 ext. 302

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Rock and Rhyme 9:30 Community Drop-in 9:30-11:00 CLOSED AT NOON	3 HOPE-Wk 7 9:30-11:30 Dear Doula 10-11:30 Prenatal 6:30-8:30	4 Playschool 9:30-11:30 Family Home Daycare Info Session 6-8pm	5 Yoga 9:30 and 10:45 Infant Massage 1:15 Incredible Years 6:30-8:30	6 Playschool 9:30-11:30	7
8	9 Reiki 9:30-12 Rock and Rhyme 9:30 Community Drop-in 9:30-11:00 CLOSED AT NOON	10 HOPE-Wk 8 9:30-11:30 Dear Doula 10-11:30 Women of Wonder 1-2:30 Prenatal 6:30-8:30	11 Playschool 9:30-11:30 Girl Talk 9:30-11:30 Spry Cafe 5:30	12 Zumba 9:30-10:45 Dal Legal Aid 1-3 Infant massage 1:15 Incredible Years 6:30-8:30	13 Playschool 9:30-11:30 MSVU Movie Night 6pm	14
15	16 Rock and Rhyme 9:30 Community Drop-in 9:30-11:00 CLOSED AT NOON	17 St Patrick's Day Brunch 10-11:30 Dear Doula 10-11:30 Prenatal 6:30-8:30	18 Playschool 9:30-11:30 Board Games 1-3pm Board Meeting 6:30	19 Bowling 10-11:30 Infant massage 1:15 Incredible Years 6:30-8:30	20 Playschool 9:30-11:30	21
22	23 Reiki 9:30-12 Community Drop-in 9:30-11:00 CLOSED AT NOON	24 HOPE-Wk 9 9:30-11:30 Dear Doula 10-11:30 Nails-n-Nurture 1-2:30 Prenatal 6:30-8:30	25 Playschool 9:30-11:30 Girl Talk 9:30-11:30 Doula In-Service 6-8pm	26 Zumba 9:30-10:45 Doula Steering Committee 12-1 Infant massage 1:15 Incredible Years 6:30-8:30	27 Playschool 9:30-11:30 Youth Night 6-8pm	28
29	30 Community Drop-in 9:30-11:00 CLOSED AT NOON	31 HOPE-Wk 10 9:30-11:30 Dear Doula 10-11:30 Community Kitchen 9:30-11:30 Building Better Sleep 1-3pm Prenatal 6:30-8:30				