

****Registration begins on Friday March 27****

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.

Rock and Rhyme

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

Spry Cafe – April 8, 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.

Youth Night- Friday April 17, 6-8pm

For youth in grade 6 and up.
No need to register, just drop in.
Join Erinn and Sarah for snacks and some fun activities!

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

April dates are the 13th and 27th

Parenting Toddlers

Tuesday mornings, 9:30-11:30

Starting on April 14

This is a 6 week series for parents of children 12-36 months of age. We will cover practical aspects of parenting a toddler. There will be sessions on meal time, attachment, discipline, toileting, and even one on making homemade toys!

Pre-registration is required;
Childcare provided

Girl Talk – April 8th and 22nd - 9:30-11:30

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

Pre-registration required – childcare provided

Community Earth Day Celebration!

April 22, 1:30-3:00

Come make your very own 'Earth Buddy' and then join us for a nature walk.

We welcome all ages and community members for this event.

Prenatal Classes with Trena

6 weeks, Starting April 7

This series will cover everything you need to know about healthy pregnancies, birth and the postpartum period. Including infant care and feeding.

Tuesday evenings 6:30-8:30

Please call to register @ 902-479-3031 Ext 312

Mural Meeting and Munchies

A community event to offer your input into the planning of the mural we will be painting. All ages are welcome to attend.

Thursday, April 9 10-11:30

Also, please let us know if you would like to participate in the mural creation

Community Kitchen

April 28

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 – April 23,30

Zumba – April 2,16

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.

April 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
 Kira Kelly - 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
29	30	31	1	2	3	4
	Rock and Rhyme (1 of 5) 9:30 Community Drop-in 9:30-11:00 CLOSED AT NOON	HOPE-Wk 10 9:30-11:30 Mom and Baby Drop-in 10-11:30 Community Kitchen 9:30-11:30 Building Better Sleep 1-3pm	Playschool 9:30-11:30 	Zumba 9:30 and 10:45 Infant Massage 1:15 Incredible Years 6:30-8:30	GOOD FRIDAY Centre Closed 	
5	6	7	8	9	10	11
	EASTER MONDAY Centre Closed 	HOPE-Wk 11 9:30-11:30 Mom and Baby Drop-in 10-11:30 Prenatal (1 of 6) 6:30-8:30	Playschool 9:30-11:30 Girl Talk 9:30-11:30 Spry Cafe 5:30	Mural and Munchies 10-11:30 Infant massage 1:15 Incredible Years 6:30-8:30	LAST Playschool 9:30-11:30 	
12	13	14	15	16	17	18
	Rock and Rhyme (2 of 5) 9:30 Community Drop-in 9:30-11:00 Reiki 9:30-12 CLOSED AT NOON	Parenting Toddlers – Wk 1 9:30-11:30 Mom and Baby Drop-in 10-11:30 Nails-n-Nurture 1-2:30 Prenatal (2 of 6) 6:30-8:30	Preschool 9:30-11:30 Board Meeting 6:30	Zumba 9:30 and 10:45 Infant massage 1:15 Incredible Years 6:30-8:30	Preschool 9:30-11:30 Youth Night 6-8	
19	20	21	22	23	24	25
	Rock and Rhyme (3 of 5) 9:30 Community Drop-in 9:30-11:00 CLOSED AT NOON	Parenting Toddlers – Wk 2 9:30-11:30 Mom and Baby Drop-in 10-11:30 Prenatal (3 of 6) 6:30-8:30	Preschool 9:30-11:30 Girl Talk 9:30-11:30 Earth Day Celebration 1:30-3:00	Yoga 9:30 and 10:45 Doula Steering Committee 12-1 Infant massage 1:15 Incredible Years 6:30-8:30	Preschool 9:30-11:30	
26	27	28	29	30		
	Rock and Rhyme (4 of 5) Community Drop-in 9:30-11:00 CLOSED AT NOON	Parenting Toddlers – Wk 3 9:30-11:30 Mom and Baby Drop-in 10-11:30 Community Kitchen 9:30-11:30 Prenatal (4 of 6) 6:30-8:30	Preschool 9:30-11:30 Doula In-Service 6-8pm	Yoga 9:30 and 10:45 Infant massage 1:15 Incredible Years 6:30-8:30		