



**Chebucto
Family Centre**

A Service of the Home of the Guardian Angel

Newsletter: Fall 2015

Staff Contacts

Tammy Purple
Executive Director
Ext 309

Deborah Hutchinson
Office Administrator
Ext 301

Nicole Clarke
Family Wellness
Ext 313

Sarah Hicks
Home Visitor
Fund Development
Ext 303

Theresa Banks-Rex
Home Visitor
Ext 304

Ginny Hennigar
Playroom Facilitator
Ext 306

Erin Fair
Volunteer Doula Program
Ext 305

Erinn Baillie
VDP Assistant
Community Outreach
Ext 307

Jane Hall
Family Home Daycare
Ext 310

Kira Kelly
Parenting Educator
Ext 311

Trena Slaunwhite-Gallant
Prenatal/Postnatal
Ext 312



Stay Connected!



Did you know that we are on Facebook and Instagram! Like us on Facebook, "Chebucto Family Centre" and give us a Follow @ChebuctoFamilyCentre for centre updates, pictures and the latest events

Upcoming Events!

September 7 – Centre will be closed for Labour Day
September 25 – Vendor applications are due for Craft Market
September 25 – Centre closed for professional development
September 25 – Youth night, 6-8 pm, Grades 6 and up
October 12 – Closed for Thanksgiving
October 30 – Halloween celebrations
November 11 – Closed for Remembrance Day
November 21 – Community Craft Market 10am-2pm
December 24 – Closing at noon for the Holidays
January 4 – Opening again for 2016!

Volunteer Doula Training

Are you interested in becoming a Volunteer Doula? The Birth Doula training session is coming up, May 13, 14 & 15, 2016.

A doula is a person, experienced and trained in childbirth, who provides confidential, non-judgemental support and information to a family during pregnancy, childbirth and right after the baby is born. A doula provides support in many areas, but does not replace the support of family and friends.

Please contact Erinn Baillie for more information or to register

Erinn@hgahfx.ca

902-479-3031 ext 307



Community Craft Market

Mark your calendar or put it in your phone, Chebucto Family Centre will be hosting a Community Craft Market on November 21, 2015 from 10am until 2pm. Local vendors will be selling handmade jewelry, wood burnings, baked goods, popcorn and more! Admission is a non-perishable food item or cash donation, both of which will be used for the community food cupboard located on site. For more information, please visit our website at www.homeoftheguardianangel.ca/craftmarket2015



Spry Café

Once a month we serve a meal for the community, Spry Café, giving people the chance to have a free, delicious meal with their family and neighbours. Julia Child once said *"It's fun to get together and have something good to eat at least once a day. That's what human life is all about — enjoying things."* Hosting a dinner is great volunteer experience for team building, community outreach, and to meet new people while promoting your business or organization.

A typical Spry Café costs approximately \$250 to feed 40 community members. You can offer support by donating both the money and time (approximately 3-4 hours) to host the event with the support

of Chebucto Family Centre staff, or by donating the money to Chebucto Family Centre and we will host on your behalf. In return for your donation we would be happy to advertise your group via our Facebook page, our monthly calendar and our newsletter.

Goop Recipe

Wondering what to do with your little ones when the big ones are back to school and it's raining outside? Make goop! In a container mix a small amount of cornstarch with water until it becomes

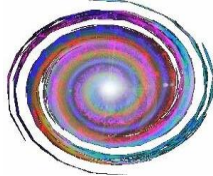


a fun consistency, food colouring optional. You can keep adding cornstarch and water to make more or to

change the consistency. Talk with your child about what it feels like, smells like, or sounds like. Fun toys to play with in goop are straws, small containers for pouring, scoops or spoons, funnels, etc.

Youth Night

Join Erinn and Sarah on the fourth Friday of the month, September 25, October 23 and November 27 from 6-8. Everyone in grades 6+ welcome. Our plans for this year include snacks (always), break dancing, movie night and more!



**H.O.P.E ~ Beyond Trauma
Healing Our Past Experiences**

- Are you a woman at least 18 years of age or older?
- Have you experienced some form of abuse in your lifetime?
- Are you interested in looking at how your experience has shaped your life?
- Would you like to explore how you can heal in a safe and supportive environment with other women?

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.

The Program will start in October 2015. One morning a week; Childcare provided.

The facilitators work from a strength-based, confidential framework and welcome any questions you have about the program. Our hope is to provide a space where women feel free to express themselves, create their own unique experiences, and learn from one another while on their healing journey.

If you are interested in learning more, please contact Nicole Clarke, Family Wellness Coordinator, or Kira Kelly, Parenting Educator, of the Chebucto Family Centre.

Mural Painting

What does Chebucto Family Centre mean to you? What does Community mean to you? These were the questions posed to community members and students from Rockingstone Heights School back in April. Armed with sheets of paper and colourful markers they set to work drawing and writing what it

means to them. The responses included; welcoming, Zumba, playing in the mud, eating, supportive, connection and many more.

The answers given to us were to be used in the creation of a mural, something that encompasses Chebucto Family Centre, to be proudly displayed on our building. The talented Melissa Hunt undertook the task of turning the many words into something more tangible, a sketch of something to represent what Chebucto Family Centre and the community means to the people who live here. After many back and forth emails, a final sketch was decided on, with many options for colours. The final sketch with colour options were posted and voted on by staff, visitors and participants of the centre.

In August the painting began, at first with just Melissa, but slowly over the week more community members came to join in on the painting process. Look for the finished product the next time you drive by, and stop in for a coffee or tea and a chat if you have the time.

