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Stay Connected!



Did you know that we are on Facebook and Instagram? Like us on Facebook and give us a follow @ChebuctoFamilyCentre for centre updates, pictures and the latest events

Important Dates and Events

January 4 – Centre re-opens for 2016

February 15 – Centre closed for Heritage Day

March 25 – Closed for Good Friday

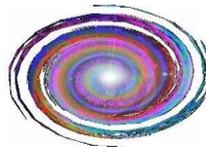
March 28 – Closed for Easter Monday

April 23 – Community Craft Market

May 13-15 – Birth Doula Training

May 26 – Comedy for Community Fundraiser

Welcome to Josie Webster, our new parenting educator! If you have questions or need support in parenting you can reach Josie by phone at 902-479-3031 ext 311 or email Josie @hgahfx.ca



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 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 Josie Webster, Parenting Educator, of the Chebucto Family Centre.



Volunteer Doula Training

Are you interested in becoming a Volunteer Doula? Birth Doula training sessions are 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

**Do you have an idea for a
program you'd like to see?
Let us know!**

Heritage Day– Joseph Howe

His name is on many buildings and he even has a street named after him, but who was Joseph Howe? Joseph Howe was a politician, journalist and public servant. He fought (and lost) against confederation, won the rights to freedom of press and helped in getting Nova Scotia responsible government.



Emotional Coping Group

Do you:

- Over react or under react to situations?
- Dwell on negative events that have happened to you?
- Feel like you can't control your emotions?
- Struggle in relationships?
- Have concerns about how you react as a parent?

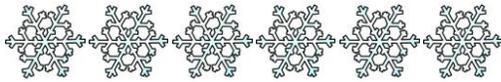
This group could be for you if you are a mother between 17 and 24 years and are pregnant or parenting children between ages 0 to 3 years

Contact Andrea for more details

Community Craft Market Success!

We held our first craft market on November 27. We had almost 20 vendors, and close to 100 shoppers! Thank you to everyone who attended. Your generous donations brought in \$200 worth of food donations for our onsite food cupboard, plus monetary donations so that we can keep our cupboard stocked.





Chebucto Family Centre is closed when all schools in HRSB are closed, **or** if HRSB busses are not operating due to poor weather conditions. Please check Facebook for updates.

Resolutions that Work

You have great ideas, but they never seem to work out. Here are some quick tips for being more successful in your resolutions, and some resolution ideas!

- ✓ Write down your ideas, or tell them to someone else
- ✓ Include others in your success - Prepare meals with a friend, do yoga with your kids
- ✓ Choose small goals (at first) so you can feel a sense of accomplishment. Build up from there
- ✓ Make it fun

Some ideas to get you started:

- ❖ Say at least one nice thing to someone (or yourself) a day
- ❖ Go for a 10 minute walk with your family
- ❖ Eat at least one vegetable per meal
- ❖ Read a magazine or start a book rather than binge watching Netflix

Volunteer Opportunity: Spry Café

Each month we host a free dinner for community members and we need your help! Grab your friends, neighbours or coworkers and get cooking! Or don't, it's up to you. You can donate the meal (for approximately 40 people) and host the event with the support of Chebucto Family Centre staff, or you can donate the money required for the meal, and we will host on your behalf.

In return for your donation we would be happy to advertise your group via our Facebook page, website, our monthly calendar and our newsletter. Please contact us to find out more and choose your month!

Previous sponsors:

- ❖ The ladies of Chickmas
- ❖ M&M Meats
- ❖ Corporate Research Associates

Thank You!

