Volunteer Doula Program celebrates 20 years!

Staff Contacts

Tammy Turple

Executive Director

Ext 309

Deborah Hutchinson

Office Administrator

Ext 301

Andrea Townsend

Centre Coordinator

Ext 302

Taylor Gear

Program Support

Ext 314

Nicole Clarke

Family Wellness

Ext 313

Sarah Hicks

Home Visitor

Fund Development

Ext 303

Krista Greencorn

Home Visitor

Ext 304

Ginny Hennigar

Playroom Facilitator

Ext 306

Erin Fair

Volunteer Doula Program

Ext 305

Whitney Cruikshank

Volunteer Doula Program

Ext 307

Erinn Bailie

Youth & Community Outreach

Ext 307

Jane Hall

Family Home Daycare

Ext 310

Sabah Randell

Parenting Educator

Ext 311

Jessie Harrold

Prenatal/Postnatal

Ext 312

Andrea Townsend

Centre Coordinator

Ext 302

On July 6, 2016 at the IWK, we celebrated 20 years of the VDP with our friends and partners at the IWK Health Centre.

Program founder Hilary Marentette spoke about the humble beginnings, before being presented with CTV News at 5: Maritimer of the Week. Program Coordinator Erin Fair spoke about the ups and downs of the program, and two moms shared their birthing experience and the benefits of having a volunteer doula by their side.

Thank you to everyone who has supported the Volunteer Doula Program, all of the doulas, and all of the families who allowed us to be a part of their birthing experience. We look forward to serving many more families!

**What is a doula?** A doula is someone who provides emotional support, physical comfort support and practical information to women and their families.

**Why have a doula?** Studies have found that births tend to be shorter and with fewer complications, reduces negative feelings about birthing experience, reduces the need for medical interventions, as well as reduces requests for epidurals and pain medications.

For more information on the Volunteer Doula Program: www.HomeOfTheGuardianAngel.ca/ volunteer-doula-program



Good Food First Club

Getting experience in the kitchen and gaining knowledge about food was the aim for the Good Food First Club this summer.

The group of youth met for four weeks. Each week they explored different types of foods, tried new vegetables, and cooked.



Toonies for Change

It all starts with a toonie! Chebucto Family Centre is pleased to be one of the recipients of Rotary Club of Halifax Northwest’s Toonies for Change.

Each week play your toonie at participating vendors for a chance to win 50% of the jackpot. The remaining money is divided between local charities and the Rotary Club.

With 20 supporting vendors, what are you waiting for? Play your toonie each week for the chance to win! [www.tooniesforchange.com](http://www.tooniesforchange.com)

Rae’s Awareness

On November 17, 2016, Leah Parson’s

of the Rehteah Parson’s Society will be joining

us for a conversation on the consequences of

sexual assault, “victim blaming” and bullying.

We hope you’ll join us. More details coming

soon!

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