

Staff Contacts

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Home Visitor
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Parenting Educator
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Sharelyn Stone
Prenatal/Postnatal
Ext 312



Newsletter: Fall 2017

Important Dates

October 30
November 13
November 26

December 20
December 22- January 2, 2018

Halloween Party
Closed for Remembrance Day
Watch for us in the Santa Clause
Parade
Candle lit spiral and caroling
Closed for the Holidays

Welcome New Staff!

As you may have noticed, we have had some staff changes in recent months.

We would like to welcome Sharelyn Stone to the Pre/Post Natal Educator role. Sharelyn comes to Chebucto Family Centre with many years of experience as a doula and a childbirth educator. Feel free to contact her with any questions you may have about breastfeeding, parenting an infant or pregnancy and birth.

Also new is Stevie Fort. Stevie began at CFC as a Volunteer Doula before accepting the role of Program Support. If you have had a snack here, chances are that Stevie was responsible for the deliciousness.

Fence

We are very thankful to those who donated toward the new fence campaign. The broken door and wobbly and warped boards will soon be replaced with a chain link fence thanks to the very generous donation by Governor's Brook, with the support of Rotary Club of Halifax Northwest, O'Regan's, as well as Jeff Turple and Anne Hoganson.



Newsletter: Fall 2017

Spry Café

For over 10 years, Chebucto Family Centre has been providing a community meal with the support of community and corporate sponsors like you!

On the second Wednesday of the month, a group of about 40 gather outside the doors, waiting to come in for Spry Café. The menu and the faces might change monthly, but the idea behind it remains, offer a chance to get out of the house, provide a delicious meal, socialization and a comforting environment.

If you're interested in hosting a Spry Café, please contact Andrea@hgahfx.ca or 902-479-3031 ext 302.



Produce Packs

Every second week Produce Packs are made available by the Mobile Food Market. They are available for purchase at a cost of \$10 at Chebucto Family Centre, YWCA, Family SOS and Harrietsfield Williamswood Community Centre.



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 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 October 24, 2017 and run for 7 weeks; every Tuesday morning from 9:30 to 11:30. Childcare will be provided.

The facilitators work from a strength-based, confidential framework and welcome any questions you have about the program. Our intention 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 Erinn Baillie, Co-Facilitator, of Chebucto Family Centre.

Stay Connected!



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