

**** Registration starts July 30th @ 9:30am ****
Please call or come in to register @ 902-479-3031 ext. 302

Join us for a coffee **10am-12noon** every weekday morning.
The Clothing Cupboard and Trading Cupboard are available then as well.

Baby Playtime

--Tuesdays @ 1:15pm

--Great for babies 0-18mos

**We now have a Public Health Nurse
joining us on the 2nd and 4th
Tuesdays of the month.**

This is a drop-in program, so there is
no need to pre-register.

Call Andrea at the centre if you have
any questions.

Ice Cream Social

Wednesday, August 15th @ 1pm

All are welcome but we do ask that you pre-
register by calling
Andrea @479-3031 Ext 302

Open Play Yard

- Our play yard will be open 9-4, Monday-Friday all summer.
- Activities and themes
- Healthy snacks and cold water

August Themes.....

July 30-August 3: Making a Splash
August 6-10: Backyard Camping
August 13-17: Loose Parts
August 20-24: Big Body Play
August 27-31: Young Geologists

Zumba with Liz

August 9th and 23rd

Get moving in this Latin dance inspired
fitness class.

Yoga with Tracy

August 2nd, 16th and 30th

Pre-registration required
Limited childcare spots available

Rock and Rhyme

Wednesday, August 8th @ 1:15pm

If the weather cooperates we will be
out in the play yard!

This is a drop-in program; no need to
pre-register.

*Now that the warmer weather is here, we
would like to remind our families that we tend
to spend more time outside now and to bring
your children prepared accordingly, with
things like hats and sunscreen.*

Chase the Ace

Thursday evenings, 6-8pm
at Freeman's in Fairview,
3671 Dutch Village Road
Come on out and support the centre
and maybe win some money!!
The jackpot is up to almost \$1000!

2 Free BBQ Lunches

*Friday, August 10 &
Friday, August 24
12-1pm*

Produce Packs

Stop by to order your \$10 pack of fresh
produce every second Wednesday,
between 4pm and 6pm.

Order date

July 18
August 1
August 15

Pick-up Date

August 1
August 15
August 29

Please call if you cannot attend a program,
as many of our programs have waitlists.

We will be closed Tues-Fri from 12:30-1:00pm for lunch.

We close Mondays at noon for afternoon meetings.

August 2018

Chebucto Family Centre
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
Tara Billard – Office Administrator Ext. 301
Andrea Townsend – Centre Coordinator Ext. 302
Nicole Clarke-Family Wellness Co-ordinator Ext. 313
Sabah Randell – Parenting Educator Ext. 311
Josie Webster – Parenting Educator Ext. 315
Krista Greencorn – Home Visitor Ext. 304
Taylor Gear – Playroom Facilitator Ext. 306
Erin Fair-Vol. Doula Program Director Ext. 305
Erinn Baillie – Youth & Community Outreach Ext 308
Whitney Cruikshank –Vol. Doula Co-ordinator Ext 307
Jane Hall –Family Day Home Coordinator Ext. 310
Ginny Hennigar – Family Day Home Consultant
Sharelyn Stone – Pre/Post Natal Ext 312
Stevie Fort – Program Support Ext 314

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 visit our
website

HomeOfTheGuardianAngel.ca

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30 Family Playgroup 9:30-11:00 CLOSED AT NOON	31 Baby Playtime 1:15pm	1 Produce Packs Order/Pick-up	2 Yoga 10am Infant Massage 1:15	3	4
5	6 CLOSED FOR NATAL DAY	7 Baby Playtime 1:15pm	8 Rock and Rhyme 1:15pm	9 Zumba 10am Infant Massage 1:15	10 BBQ 12-1pm	11
12	13 Family Playgroup 9:30-11:00 CLOSED AT NOON	14 Baby Playtime 1:15pm	15 Ice Cream Social 1pm Produce Packs Order/Pick-up	16 Yoga 10am Infant Massage 1:15	17	18
19	20 Family Playgroup 9:30-11:00 CLOSED AT NOON	21 Baby Playtime 1:15pm	22	23 Zumba 10am Infant Massage 1:15	24 BBQ 12-1pm	25
26	27 Family Playgroup 9:30-11:00 CLOSING AT 11AM	28 Baby Playtime 1:15pm	29 Produce Packs Order/Pick-up	30 Yoga 10am Infant Massage 1:15	31	

