

**\*\* Registration starts September 4<sup>th</sup> @ 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.

## **Parent & Baby Drop-in**

--Tuesdays @ 1:15pm

--Great for babies 0-18mos

**We now have a Public Health Nurse  
joining us on the 2<sup>nd</sup> and 4<sup>th</sup>  
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.

## **Infant Massage**

*Every Thursday at 1:15pm*

This is a drop-in program; we just ask that  
you call ahead if you require care for an  
older sibling.

## **Walking Group**

*Fridays, September 14<sup>th</sup> and 28<sup>th</sup> @ 10am*

Join us for an all age casual walk within the  
community.

This is a family friendly group; we are not  
able to offer childcare during this time.

We would like to give a warm welcome to the  
newest member of our team, Haley Heist.  
She replaces Sarah White in one of our Enhanced  
Home Visitor roles.

We wish Sarah the best in her new position  
at Laing House.

## **Zumba with Liz**

September 13<sup>th</sup> and 27<sup>th</sup>

Get moving in this Latin dance inspired  
fitness class.

## **Yoga with Tracy**

September 6<sup>th</sup> and 20<sup>th</sup>

**Pre-registration required  
Limited childcare spots available**

Messy Mondays!

Be ready for messy play during the  
first Family Playgroup of every  
month!

***This is a drop-in program.  
Dress for mess.***

## **Craft and Chat**

*Thursday, September 27<sup>th</sup>, 1:30-3pm*

Please pre-register  
Limited number of childcare spaces available

## ***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 over \$1200!

## **Community Kitchen**

Monday, September 17<sup>th</sup>, 9:30-11:30am

Please pre-register  
Limited number of childcare spaces available

## **Produce Packs**

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

### **Order date**

August 29

September 12

September 26

### **Pick-up Date**

September 12

September 26

October 10

**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.

# September 2018

**Chebucto Family Centre**  
**3 Sylvia Ave, Halifax NS B3R 1J7**  
**Email: [info@hgahfx.ca](mailto: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  
 Haley Heist – Home Visitor Ext. 303  
 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](http://HomeOfTheGuardianAngel.ca)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 <b>LABOUR DAY</b> <b>CENTRE CLOSED</b>	4 Preschool 9:30am-12noon Parent and Baby Drop-in 1:15pm	5 PPD Group 10am-12noon	6 Yoga 10am Infant Massage 1:15pm	7 Preschool 9:30am-12noon	8
9	10 Family Playgroup (Messy Monday) 9:30-11:00am <b>CLOSED AT NOON</b>	11 Preschool 9:30am-12noon Parent and Baby Drop-in (Public Health) 1:15pm	12 PPD Group 10am-12noon Spry Cafe 5:30pm Produce Packs Order/Pick-up	13 Zumba 10am Infant Massage 1:15pm	14 Preschool 9:30am-12noon Walking Group 10am	15
16	17 Family Playgroup 9:30-11:00am Community Kitchen 9:30-11:30am <b>CLOSED AT NOON</b>	18 Preschool 9:30am-12noon Parent and Baby Drop-in 1:15pm Prenatal 6:30-8:30pm	19 PPD Group 10am-12noon	20 Yoga 10am Infant Massage 1:15pm	21 Preschool 9:30am-12noon	22
23	24 Family Playgroup 9:30-11:00am <b>CLOSED AT NOON</b>	25 Preschool 9:30am-12noon Parent and Baby Drop-in (Public Health) 1:15pm Prenatal 6:30-8:30pm	26 PPD Group 10am-12noon Produce Packs Order/Pick-up	27 Zumba 10am Infant Massage 1:15 Craft and Chat 1:30-3pm	28 Preschool 9:30am-12noon Walking Group 10am	29
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