

**** Registration starts October 29th @ 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 also available at this time.

Parent & Baby Drop-in

--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.

Handle with Care

Wednesdays @ 9:30, starting Nov 7th

A 6 week program which helps parents and caregivers promote the mental health of young children from 0-6yrs.

Call 902-460-4560 Ext 2 to register

As winter approaches we would like to remind you that if schools in the area are closed, due to inclement weather, we are also closed for the day and all programs cancelled.

Making the Most of Your Food Dollar

Wednesday, November 21st @ 1:30pm

Learn how to get more value and nutrition from your food dollar with meal planning, prep, and smart shopping tips

Join us to learn more!

Call 902-460-4560 to pre-register.

Zumba with Liz

November 8th and 22nd

Get moving in this Latin dance inspired fitness class.

Yoga with Tracy

November 1st, 15th, and 29th

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, November 29th, 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 \$1300!

Community Kitchen

Monday, November 26th, 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

October 24

November 7

November 21

Pick-up Date

November 7

November 21

December 5

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.

November 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
 Krista Greencorn – Home Visitor Ext. 304
 Haley Heist – Home Visitor Ext. 315
 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 –Day Home Consultant Ext. 303
 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
				1 Yoga 10am Infant Massage 1:15pm	2 Preschool 9:30am-12noon	3
4	5 Family Playgroup (Messy Monday) 9:30-11:00am CLOSED AT NOON	6 Preschool 9:30am-12noon Parent and Baby Drop-in 1:15pm	7 Handle with Care 9:30-11:30am Produce Packs Order/Pick-up	8 Zumba 10am Infant Massage 1:15pm	9 Preschool 9:30am-12noon	10
11  Remembrance Day	12 Remembrance Day Observed  CENTRE CLOSED	13 Preschool 9:30am-12noon Parent and Baby Drop-in (Public Health) 1:15pm	14 Handle with Care 9:30-11:30am Spry Cafe 5:30pm	15 Yoga 10am Infant Massage 1:15pm	16 Preschool 9:30am-12noon	17
18	19 Family Playgroup 9:30-11:00am CLOSED AT NOON	20 Preschool 9:30am-12noon Parent and Baby Drop-in 1:15pm	21 Handle with Care 9:30-11:30am Making the Most of Your Food Dollar 1:30-3:30pm Produce Packs Order/Pick-up	22 Zumba 10am Infant Massage 1:15	23 Preschool 9:30am-12noon	24 Women's Wellness Within Conference
25 Women's Wellness Within Conference	26 Family Playgroup 9:30-11:00am Community Kitchen 9:30-11:30am CLOSED AT NOON	27 Parent and Baby Drop-in (Public Health) 1:15pm	28 Handle with Care 9:30-11:30am	29 Yoga 10am Infant Massage 1:15pm Craft and Chat 1:30-3pm	30	