

**\*\* Registration starts October 1st @ 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.

## **HALLOWEEN**

Join us for treats and spooky  
fun!

October 31<sup>st</sup>, from 1-2pm

## **Walking Group**

*Tuesdays, October 9<sup>th</sup> and 23<sup>rd</sup>*

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.

Food and Mood

Wednesday, October 10<sup>th</sup>

Have you ever thought about the connection  
between what you eat and how you feel?

Join us to learn more!

**Call 902-460-4560 to pre-register.**

## **Zumba with Liz**

*October 11<sup>th</sup> and 25<sup>th</sup>*

Get moving in this Latin dance inspired  
fitness class.

## **Yoga with Tracy**

*October 4<sup>th</sup> and 18<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, October 25th, 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, October 15th, 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**

September 26

October 10

October 24

**Pick-up Date**

October 10

October 24

November 7

**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.

# October 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  
 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
	1 Family Playgroup (Messy Monday) 9:30-11:00am <b>CLOSED AT NOON</b>	2 Preschool 9:30am-12noon Parent and Baby Drop-in 1:15pm Prenatal 6:30-8:30pm	3 IWK Group 10am-12noon	4 Yoga 10am Infant Massage 1:15pm	5 Preschool 9:30am-12noon	6
7	8 <b>THANKSGIVING</b> <b>CENTRE CLOSED</b>	9 Preschool 9:30am-12noon Walking Group 10am Parent and Baby Drop-in (Public Health) 1:15pm Prenatal 6:30-8:30pm	10 IWK Group 10am-12noon Food and Mood 1:30-3:30pm Spry Cafe 5:30pm Produce Packs Order/Pick-up	11 Zumba 10am Infant Massage 1:15pm	12 Preschool 9:30am-12noon	13
14	15 Family Playgroup 9:30-11:00am Community Kitchen 9:30-11:30am <b>CLOSED AT NOON</b>	16 Preschool 9:30am-12noon Parent and Baby Drop-in 1:15pm Prenatal 6:30-8:30pm	17 IWK Group 10am-12noon	18 Yoga 10am Infant Massage 1:15pm	19 Preschool 9:30am-12noon	20 Infant Massage Training
21 Infant Massage Training	22 Family Playgroup 9:30-11:00am <b>CLOSED AT NOON</b>	23 Preschool 9:30am-12noon Walking Group 10am Parent and Baby Drop-in (Public Health) 1:15pm Prenatal 6:30-8:30pm	24 IWK Group 10am-12noon Produce Packs Order/Pick-up	25 Zumba 10am Infant Massage 1:15 Craft and Chat 1:30-3pm	26 Preschool 9:30am-12noon	27
28	29 Family Playgroup 9:30-11:00am <b>CLOSED AT NOON</b>	30 Preschool 9:30am-12noon Parent and Baby Drop-in 1:15pm Prenatal 6:30-8:30pm	31 IWK Group 10am-12noon Halloween Celebration 1-2pm			