

**\*\* Registration starts January 7<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 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 2<sup>nd</sup> and 4<sup>th</sup>  
Tuesdays of the month.**

Call Andrea at the centre if you have  
any questions.

## **Basic Shelf**

Wednesday mornings starting  
January 23<sup>rd</sup>.

If you are interested in participating,  
let us know and we will add you to the  
interest list.

**(902)479-3031 Ext 302 or 308**

\*\*\*We would like to remind you that if  
schools in the area are closed, due to  
inclement weather, or school busses are not  
running, we are also closed for the day and  
all programs are cancelled. \*\*\*

## **Craft and Chat**

*Tuesday, January 29<sup>th</sup>  
9:30-11:30am*

**Please pre-register  
Limited childcare available**

## **Zumba with Liz**

*January 10<sup>th</sup> and 24<sup>th</sup>*

Get moving in this Latin dance inspired  
fitness class.

## **Yoga with Tracy**

*January 17<sup>th</sup> and 31<sup>st</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.***

## **Spry Café**

Wednesday, January 9<sup>th</sup> @ 5:30pm  
*Join us for a free community meal*

**Please pre-register**

## ***Basic Needs Program***

Out of food and still have to wait for payday or  
your food bank day?

Need diapers? In need of basic hygiene  
supplies?

We can help fill those gaps!

Our basic needs program is available for you to  
access up to once a week.

For more information, call Andrea at  
(902) 479-3031 Ext 302

## **Community Kitchen**

Wednesday, January 9<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.

<u>Order date</u>	<u>Pick-up Date</u>
December 19	January 16
January 16	January 30
January 30	February 13

**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.

# January 2019

**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. 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](http://HomeOfTheGuardianAngel.ca)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Happy New Year!!	2	3 CENTRE RE-OPENS	4	5
6	7 <b>REGISTRATION 9:30am</b> Family Playgroup (Messy Monday) 9:30-11:00am <b>CLOSED AT NOON</b>	8 Parent and Baby Drop-in (Public Health) 1:15pm	9 Community Kitchen 9:30-11:30am  Spry Cafe 5:30pm	10 Zumba 10am Infant Massage 1:15pm	11	12
13	14 Family Playgroup 9:30-11:00am <b>CLOSED AT NOON</b> Incredible Years 6:30-8:30pm	15 Parent and Baby Drop-in 1:15pm Prenatal Class 6:30-8:30pm	16 Produce Packs Order/Pick-up	17 Yoga 10am Infant Massage 1:15pm	18	19
20	21 Family Playgroup 9:30-11:00am <b>CLOSED AT NOON</b> Incredible Years 6:30-8:30pm	22 Parent and Baby Drop-in (Public Health) 1:15pm Prenatal Class 6:30-8:30pm	23 Basic Shelf 9:30-11:30am	24 Zumba 10am Infant Massage 1:15pm	25	26
27	28 Family Playgroup 9:30-11:00am <b>CLOSED AT NOON</b> Incredible Years 6:30-8:30pm	29 Craft and Chat 9:30-11:30am Parent and Baby Drop-in 1:15pm Prenatal Class 6:30-8:30pm	30 Basic Shelf 9:30-11:30am  Produce Packs Order/Pick-up	31 Yoga 10am Infant Massage 1:15pm		