

**** Registration starts April 29th @ 9:30am ****

Please call or come in to register @ 902-479-3031 ext. 302

Join us for a coffee **10am-12noon** Monday, Tuesday, and Thursday
The Clothing Cupboard and Trading Cupboard are also available at this time.

Walking Club is back!

We had so much fun last year that we are doing it again.

This year we will be walking on Tuesday mornings at 10am.

We will meet and start our walk at the Old Sambro Road parking lot of Long Lake Park.

We are unable to offer childcare, however children are welcome to join us.



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

Be Good to Your Gut

Wednesday, May 22 – 1:30-3:30pm

Good health starts in your gut and it is at the core of overall wellness. Learn how your digestive system works, the role of your gut bacteria, and how to feed your gut for good health.

Contact the *Chebucto Community Health Team* at 902-460-4560 Ext 2 to register.

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.

Call Andrea at the centre if you have any questions.

Zumba with Liz

May 2nd, 16th and 30th

Get moving in this Latin dance inspired fitness class.

Yoga with Tracy

May 9th and 23rd

Pre-registration required
Limited childcare spots available

Spry Café

Wednesday, May 8th @ 5:30pm

Join us for a free community meal

Please pre-register



We will be closed
On Monday, May 20th
for the
Victoria Day holiday.



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.

May 2019

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
 Sacha Bremner – 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
28	29 REGISTRATION 9:30am Family Playgroup 9:30-11:00am Incredible Years 6:30-8:30pm	30 Preschool 9:30-12noon Parent and Baby Drop-in 1:15pm Prenatal 6:30-8:30pm	1 HOPE 9:30-11:30am Preschool 1-3:30pm	2 Zumba 10am Infant Massage 1:15pm	3 Preschool 9:30-12noon Preschool 1-3:30pm	4
5	6 Family Playgroup 9:30-11:00am (Messy Monday) CLOSED AT NOON Incredible Years 6:30-8:30pm	7 Preschool 9:30-12noon Walking Club 10am Parent and Baby Drop-in 1:15pm Prenatal 6:30-8:30pm	8 HOPE 9:30-11:30am Preschool 1-3:30pm Spry Cafe 5:30pm	9 Yoga 10am Infant Massage 1:15pm	10 Preschool 9:30-12noon Preschool 1-3:30pm	11
12	13 Family Playgroup 9:30-11:00am CLOSED AT NOON Incredible Years 6:30-8:30pm	14 Preschool 9:30-12noon Walking Club 10am Parent and Baby Drop-in 1:15pm Prenatal 6:30-8:30pm	15 HOPE 9:30-11:30am Preschool 1-3:30pm	16 Zumba 10am Infant Massage 1:15pm	17 Preschool 9:30-12noon Preschool 1-3:30pm	18
19	20 Victoria Day CENTRE CLOSED	21 Preschool 9:30-12noon Walking Club 10am Parent and Baby Drop-in 1:15pm Prenatal 6:30-8:30pm	22 Preschool 1-3:30pm 'Be Good to Your Gut' 1:30-3:30pm	23 Yoga 10am Infant Massage 1:15pm	24 Preschool 9:30-12noon Preschool 1-3:30pm	25
26	27 Family Playgroup 9:30-11:00am CLOSED AT NOON Incredible Years 6:30-8:30pm	28 Preschool 9:30-12noon Walking Club 10am Parent and Baby Drop-in 1:15pm Prenatal 6:30-8:30pm	29 Slow Cooked Dreams 9:30-12noon Preschool 1-3:30pm	30 Zumba 10am Infant Massage 1:15pm	31 Preschool 9:30-12noon Preschool 1-3:30pm	