

**\*\* Registration starts Monday, June 3rd @ 9:30am \*\***  
**Please call or come in to register @ 902-479-3031 ext. 302**

### **Coffee, Conversation & Community**

We welcome community members to drop-in any weekday morning for coffee and light refreshments between 10am and 12noon.

### **Walking Club is back!**

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

This year we are walking on Tuesday mornings at 10am.

We 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.



We would like to extend a huge **THANK YOU** to the Community Foundation of Nova Scotia for awarding us with the Green Shield Canada Impact Fund.

This grant will help to fund our morning drop-ins and allow us to have support staff available during that time, thus helping us to meet immediate needs of the community by providing them with both the opportunity for peer support as well as access to centre resources and supports.



### **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.

### **Spry Café**

Wednesday, June 12<sup>th</sup> @ 5:30pm

*Join us for a free community meal*

**Please pre-register**



### **Zumba with Liz**

*June 13<sup>th</sup> and 27<sup>th</sup>*

Get moving in this Latin dance inspired fitness class.

### **Yoga with Tracy**

*June 6<sup>th</sup> and 20<sup>th</sup>*

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

We will be closed on Monday, June 10<sup>th</sup> to allow us a day for minor maintenance and centre cleaning.



We look forward to re-opening, refreshed and ready for summer, on Tuesday, June 11<sup>th</sup> at 9am.

**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.

**June 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  
 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 Visitors
- Service Navigation
- Prenatal Classes & Postnatal Support
- Parenting Programs and Education
- Family Support
- Community Fitness Classes
- Basic Needs Support

For more information visit our website

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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 <b>REGISTRATION</b> 9:30am Family Playgroup 9:30-11:00am (Messy Monday) <b>CLOSED AT NOON</b> Incredible Years 6:30-8:30pm	4 Preschool 9:30-12noon Parent and Baby Drop-in 1:15pm Prenatal 6:30-8:30pm	5 Slow Cooked Dreams 9:30-11:30am  Preschool 1-3:30pm	6 Yoga 10am  Infant Massage 1:15pm	7 Preschool 9:30-12noon  Preschool 1-3:30pm	8
9	10 <b>CENTRE</b> <b>CLOSED</b>	11 Preschool 9:30-12noon Walking Club 10am Parent and Baby Drop-in 1:15pm	12 Slow Cooked Dreams 9:30-11:30am  Preschool 1-3:30pm Spry Cafe 5:30pm	13 Zumba 10am  Infant Massage 1:15pm	14 Preschool 9:30-12noon  Preschool 1-3:30pm	15
16	17 Family Playgroup 9:30-11:00am <b>CLOSED AT NOON</b>	18 Preschool 9:30-12noon Walking Club 10am Parent and Baby Drop-in 1:15pm	19 Slow Cooked Dreams 9:30-11:30am  Preschool 1-3:30pm	20 Yoga 10am  Infant Massage 1:15pm	21 Preschool 9:30-12noon  Preschool 1-3:30pm	22
23	24 Family Playgroup 9:30-11:00am <b>CLOSED AT NOON</b>	25 Preschool 9:30-12noon Walking Club 10am Parent and Baby Drop-in 1:15pm	26 Preschool 1-3:30pm	27 Zumba 10am  Infant Massage 1:15pm	28	29
30	July 1 <b>CANADA</b> <b>DAY</b>  <b>CENTRE</b> <b>CLOSED</b>					