

**** Registration starts Tuesday, July 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

*We will do two more walks...
July 9th and July 16th.*

**For these two days we will leave from
the centre @ 9:15am**

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



Once again our play yard is open for public enjoyment all summer long.



***All children need to be supervised
by an adult***

**Free Community Breakfast
Wednesday, July 17th @ 10am**



Please pre-register by calling Andrea
@ 902-479-3031 Ext 302

Parent & Baby Drop-in will continue all summer

--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

July 11th

Get moving in this Latin dance inspired fitness
class.

Yoga with Tracy

July 4th and 18th

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

FREE BBQ LUNCH



Wednesday, July 3rd
and Wednesday, July 31st
These are run on a drop-in basis, so
no need to register.

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.

July 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 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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	1 CANADA DAY CENTRE CLOSED	2 REGISTRATION DAY Parent and Baby Drop-in 1:15pm	3 BBQ 12-1	4 Yoga 10am Infant Massage 1:15pm	5	6
7	8 Family Playgroup 9:30-11:00am CLOSED AT NOON	9 Walking Club 10am Parent and Baby Drop-in 1:15pm	10	11 Zumba 10am Infant Massage 1:15pm	12	13
14	15 Family Playgroup 9:30-11:00am CLOSED AT NOON	16 Walking Club 10am Parent and Baby Drop-in 1:15pm	17 Breakfast 10am	18 Yoga 10am Infant Massage 1:15pm	19	20
21	22 Family Playgroup 9:30-11:00am CLOSED AT NOON	23 Digital Discoveries Camp Parent and Baby Drop-in 1:15pm	24 Digital Discoveries Camp	25 Digital Discoveries Camp	26 Digital Discoveries Camp	27
28	29 Family Playgroup 9:30-11:00am CLOSED AT NOON	30 Parent and Baby Drop-in 1:15pm	31 BBQ 12-1			