

**** Registration starts Tuesday, September 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.

Basic Shelf

Tuesdays, 9:30-11:30am

Starting September 17th

Join us for a 6 week cooking program that features simple, nutritious recipes made from low-cost ingredients that make up "the basic shelf".

Please contact the centre to be placed on the interest list.

This program is supported by the CUA's 2019 Community Investment Grant

Zumba with Liz

September 12th and 26th

Get moving in this Latin dance inspired fitness class.

Yoga with Tracy

September 5th and 19th

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

Incredible Years

Preschool Parenting Program

Wednesdays, 9:30-11:30am

14 weeks, starting Sept 18th

This program focuses on improving your child's social and emotional skills and reducing behavior problems.

It is for parents of children who are 3-6 years old.

Call (902) 460-4560 Ext 2 to register
Limited childcare available

Landscapes of Parenthood

Monday Mornings, 9:30-11:30am

6 week series, starting September 9th

A series of therapeutic art workshops focusing on the transformative journey of parenthood.

Open to pregnant parents and those with a child under one year old.

Previous artistic experience is not required, though willingness to share and desire to create is encouraged.

Registration is required.

We are unable to offer childcare during this time.

"Play Beyond Walls"

Friday Mornings

9:30am-12noon

A 12 week nature-based program for preschool aged children (3-5) and their families interested in building more eco-centric, and outdoor play into their lives.

**Please contact Taylor
at (902)479-3031 Ext 306
for more information and to be
added to interest list.**

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.

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.

September 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
 Samantha Cullen – Program Support Ext 314
 Sharelyn Stone – Pre/Post Natal Ext 312
 Stevie Fort – Program Support/Parenting Journey

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
1	2 Labour Day Centre Closed	3 REGISTRATION DAY Parent and Baby Drop-in 1:15pm	4	5 Yoga 10am Infant Massage 1:15pm Pause 5-9pm	6	7
8	9 Family Playgroup 9:30-11:00am CLOSED AT NOON	10 Parent and Baby Drop-in 1:15pm	11 Spry Cafe 5:30pm	12 Zumba 10am Infant Massage 1:15pm Pause 5-9pm	13	14
15	16 Family Playgroup 9:30-11:00am CLOSED AT NOON	17 Basic Shelf 9:30-11:30am Parent and Baby Drop-in 1:15pm Prenatal 6:30-8:30pm	18 Incredible Years 9:30-11:30am	19 Yoga 10am Infant Massage 1:15pm Pause 5-9pm	20 Play Beyond Walls 9:30am-12noon	21
22	23 Family Playgroup 9:30-11:00am CLOSED AT NOON	24 Basic Shelf 9:30-11:30am Parent and Baby Drop-in 1:15pm Prenatal 6:30-8:30pm	25 Incredible Years 9:30-11:30am	26 Zumba 10am Infant Massage 1:15pm Pause 5-9pm	27 Play Beyond Walls 9:30am-12noon	28
29	30 Family Playgroup 9:30-11:00am CLOSED AT NOON					

