

**\*\* Registration starts Monday, September 30<sup>th</sup> @ 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.

**Pregnancy and Exercise**  
**Wednesday, October 16<sup>th</sup>**  
**1:30-3:30pm**

Join us to get the facts about pregnancy and exercise; from getting started to staying motivated. Learn about the health benefits of being active throughout pregnancy and get tips on how to exercise safely.

Anyone is welcome.

Call 902-460-4560 Ext 2 to register.

**HALLOWEEN SPOOKTACULAR**  
**OCTOBER 31**

**10:30AM-12:30PM**

**COME EAT, DRINK, AND BE SCARY!**

- **GHOULIE GAMES**
- **FANGTASTIC EATS**

**PLEASE PRE-REGISTER, SO WE KNOW HOW MANY GOBLINS TO PREPARE FOR.**

**902-479-3031 EXT 302**

**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.

**Zumba with Liz**

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

Get moving in this Latin dance inspired fitness class.

**Yoga with Tracy**

*October 3<sup>rd</sup> and 17<sup>th</sup>*

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

# PAUSE

*Mental Health Walk-in Clinic*

-Free 45 minute counselling sessions for adults.

-First come, first served.

-Every Thursday  
5-9pm

Chebucto Family Centre  
3 Sylvia Ave

For more information:  
902-420-0303 Ext 2  
or 902-479-3031 Ext 302  
[pause@nechc.com](mailto:pause@nechc.com)

**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.

# October 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  
 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](http://HomeOfTheGuardianAngel.ca)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30 <b>REGISTRATION DAY</b> Family Playgroup 9:30-11:00am <b>CLOSED AT NOON</b>	1 Basic Shelf (3 of 6) 9:30-11:30am Parent and Baby Drop-in 1:15pm Prenatal 6:30-8:30pm	2 Incredible Years 9:30-11:30am	3 Yoga 10am Infant Massage 1:15pm  Pause 5-9pm	4 Play Beyond Walls 9:30am-12noon	5
6	7 Family Playgroup 9:30-11:00am <b>CLOSED AT NOON</b>	8 Basic Shelf (4 of 6) 9:30-11:30am Parent and Baby Drop-in 1:15pm Prenatal 6:30-8:30pm	9 Incredible Years 9:30-11:30am  Spry Cafe 5:30pm	10 Zumba 10am Infant Massage 1:15pm  Pause 5-9pm	11 Play Beyond Walls 9:30am-12noon	12
13	14  <b>CENTRE CLOSED</b>	15 Basic Shelf (5 of 6) 9:30-11:30am Parent and Baby Drop-in 1:15pm Prenatal 6:30-8:30pm	16 Incredible Years 9:30-11:30am  Pregnancy and Exercise 1:30-3:30pm	17 Yoga 10am Infant Massage 1:15pm  Pause 5-9pm	18 Play Beyond Walls 9:30am-12noon	19
20	21 Family Playgroup 9:30-11:00am <b>CLOSED AT NOON</b>	22 Basic Shelf (6 of 6) 9:30-11:30am Parent and Baby Drop-in 1:15pm Prenatal 6:30-8:30pm	23 Incredible Years 9:30-11:30am	24 Zumba 10am Infant Massage 1:15pm  Pause 5-9pm	25 Play Beyond Walls 9:30am-12noon	26
27	28 Family Playgroup 9:30-11:00am <b>CLOSED AT NOON</b>	29 Basic Shelf (1 of 5) 9:30-11:30am Parent and Baby Drop-in 1:15pm Prenatal 6:30-8:30pm	30 Incredible Years 9:30-11:30am	31 Halloween Party 10:30am-12:30pm  Pause 5-9pm		