

**** Registration starts December 2nd @ 9:30am ****

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

Join us for a coffee **10am-12noon** every weekday morning.

The Clothing Cupboard and Trading Cupboard are also available at this time.

Youth Community Cupboard

Thursday evenings, 5pm-8pm

Youth are welcome to drop by the
centre for access to:

Personal hygiene products; such as
shampoo, soap, condoms, and
menstruation products

Non-perishable food items

For more info Erinn can be reached at
902-479-3031 Ext 308

Tree Decorating and Crafts

Tuesday, December 10th @ 10am

Come make crafts and ornaments, and help us
decorate our tree.

Please pre-register

There is a limited number of childcare spaces
available where the children will also be making
some holiday crafts.



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@nehc.com

As the weather starts to cool, and
we get enter winter/flu season, we
have a couple of reminders.

- If area **schools are closed**, or
buses are not running, due to
inclement weather, **we are
also closed.**
- Please, if you or your
child(ren) are **unwell**, take the
day to **stay home and rest.**
This helps to prevent the
spread of illness and allows
the centre to continue running
at our fullest capacity.

Zumba with Liz

December 5th and 19th

Get moving in this Latin dance inspired
fitness class.

Yoga with Tracy

December 12th

Pre-registration required
Limited childcare spots available

Holiday Baking

Tuesday, December 3rd, 9:30-11:30am
Limited number of childcare spaces available

Tuesday, December 17th, 9:30-11:30am
No childcare available



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.

December 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
 Robyn Dalesandro – Day Home Consultant Ext 303
 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 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
1	2 Registration Day (starts at 9:30am) Family Playgroup 9:30-11:00am	3 Holiday Baking 9:30-11:30am (No morning drop-in) Parent and Baby Drop-in 1:15pm	4 Incredible Years 9:30-11:30am Spry Cafe 5:30pm	5 Zumba 10am Infant Massage 1:15pm Youth Community Cupboard 5-8pm Pause 5-9pm	6	7
8	9 Family Playgroup 9:30-11:00am CLOSED AT NOON	10 Tree Decorating and Crafts 10am Parent and Baby Drop-in (Public Health) 1:15pm	11 Incredible Years 9:30-11:30am	12 Yoga 10am Infant Massage 1:15pm Youth Community Cupboard 5-8pm Pause 5-9pm	13 CENTRE CLOSED	14
15	16 Family Playgroup 9:30-11:00am CLOSED AT NOON	17 Holiday Baking 9:30-11:30am (No morning drop-in) Parent and Baby Drop-in 1:15pm	18 Incredible Years 9:30-11:30am	19 Zumba 10am Infant Massage 1:15pm Youth Community Cupboard 5-8pm Pause 5-9pm	20	21
22	23 	25 26 27 The centre is closed from December 23 rd up to and including January 3 rd We re-open January 6 th We wish you all joy and comfort this holiday season.			27 	28
29	30 	31 	1 	2 	3 	4