

**\*\* Registration starts January 6<sup>th</sup> @ 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.

### **Yoga Nidra w/ Tammy**

Tuesday, January 21<sup>st</sup> @ 10am

A relaxing practice, equivalent to about 4 hours of sleep.

Please pre-register

Limited childcare available

### **Community Kitchen**

Wednesday, January 22<sup>nd</sup>, 9:30-11:30am

Please pre-register

Limited number of childcare spaces available

### **Landscapes of Parenthood**

*Monday Mornings, 9:30-11:30am*

*6 week series, starting January 20<sup>th</sup>*

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.**

### **Winter/flu Season 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.

### ***Basic Needs Program***

Out of food and still have to wait for payday or your food bank day?

Need diapers? In need of basic hygiene supplies?

We can help fill those gaps!

Our basic needs program is available for you to access bi-weekly, as needed.

For more information, call Andrea at (902) 479-3031 Ext 302

### **Craft and Chat**

Wednesday, January 29<sup>th</sup>

9:30-11:30am

Please pre-register

Limited childcare 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

### **Zumba with Liz**

January 9<sup>th</sup> and 23<sup>rd</sup>

Get moving in this Latin dance inspired fitness class.

### **Yoga with Tracy**

January 16<sup>th</sup> and 30<sup>th</sup>

Pre-registration required

Limited childcare spots 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.

# January 2020

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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Happy New Year!! 	2	3	4
5	6 CENTRE RE-OPENS  REGISTRATION STARTS @ 9:30am	7	8  Spry Cafe 5:30pm	9  Zumba 10am Infant Massage 1:15pm Pause 5-9pm	10	11
12	13  Family Playgroup 9:30-11:00am <b>CLOSED AT NOON</b>	14  Parent and Baby Drop-in 1:15pm Prenatal 6:30-8:30pm	15  Discover Your Personal Strengths 1:30-3:30	16  Yoga 10am Infant Massage 1:15pm Pause 5-9pm	17	18
19	20  Family Playgroup 9:30-11:00am Landscapes of Parenthood 9:30-11:30am <b>CLOSED AT NOON</b>	21  Yoga Nidra 10am Parent and Baby Drop-in (Public Health) 1:15pm Prenatal 6:30-8:30pm	22  Community Kitchen 9:30-11:30am	23  Zumba 10am Infant Massage 1:15pm Pause 5-9pm	24	25
26	27  Family Playgroup 9:30-11:00am Landscapes of Parenthood 9:30-11:30am <b>CLOSED AT NOON</b>	28  Parent and Baby Drop-in 1:15pm Prenatal 6:30-8:30pm	29  Craft and Chat 10-11:30am	30  Yoga 10am Infant Massage 1:15pm Pause 5-9pm	31	