

**\*\* Registration starts February 3<sup>rd</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, February 18<sup>th</sup> @ 10am

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

Please pre-register

Limited childcare available

### **Community Kitchen**

Wednesday, February 12<sup>th</sup>, 9:30-11:30am

Please pre-register

Limited number of childcare spaces available

### **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.

### **Craft and Chat**

Wednesday, February 19<sup>th</sup>  
10-11:30am

Please pre-register

Limited childcare available

### **Zumba with Liz**

February 6<sup>th</sup> and 20<sup>th</sup>

Get moving in this Latin dance inspired fitness class.

### **Yoga with Tracy**

February 13<sup>th</sup> and 27<sup>th</sup>

Pre-registration required

Limited childcare spots available

## **Open New Tab**

ONT in the Community is a program for youth ages 10-16.

Offered every second

Thursday, in partnership with

YWCA Halifax

Beginning Thursday, Feb. 6<sup>th</sup>

3:30pm – 4:30pm

### **Body Talk Access Clinic with Certified Access Facilitator, Nicole Clarke**

Wednesday, February 26<sup>th</sup> @ 10am

Body Talk Access consists of 5 practical techniques that can be completed in under 15 minutes. Come and receive this simple and highly effective routine from Nicole. You are fully clothed with the option of comfortably sitting in a chair, or standing up!

Body Talk Access is known to be quite calming for those experiencing anxiety, overwhelm, exhaustion and even PTSDI (Post Traumatic Stress Injury) to build resiliency in responding to stress.

You will also leave with the knowledge and ability to apply one of the techniques to your daily life!

**Space is limited.**

**Registration Required.**

**Limited childcare space 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.

## February 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
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2	3 REGISTRATION STARTS @ 9:30am Family Playgroup 9:30-11:00am CLOSED AT NOON	4 Parent and Baby Drop-in 1:15pm Prenatal 6:30-8:30pm	5	6 Zumba 10am Infant Massage 1:15pm Open New Tab 3:30-4:30pm	7	8
9	10 Family Playgroup 9:30-11:00am CLOSED AT NOON	11 Parent and Baby Drop-in 1:15pm(Public Health) Prenatal 6:30-8:30pm	12 Community Kitchen 9:30-11:30am  Spry Cafe 5:30pm	13 Yoga 10am Infant Massage 1:15pm	14 <i>Happy Valentine's Day</i>	15
16	17 <b>Heritage Day</b> <b>CENTRE CLOSED</b>	18 Yoga Nidra 10am Parent and Baby Drop-in 1:15pm	19 Craft and Chat 10-11:30am	20 Zumba 10am Infant Massage 1:15pm Open New Tab 3:30-4:30pm	21	22
23	24 Family Playgroup 9:30-11:00am CLOSED AT NOON	25 Parent and Baby Drop-in 1:15pm(Public Health)	26 BodyTalk 10am	27 Yoga 10am Infant Massage 1:15pm	28	29

