

**\*\* Registration starts March 2<sup>nd</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.

### **Chili and Chat**

**Wednesday, March 11<sup>th</sup> @ 10am**

Come share your thoughts on community programming.

*Childcare available*

*Lunch provided*

### **Handle with Care**

**6 weeks, on Tuesdays, 9:30-11:30am**

**Starting March 24**

This program is designed to help parents and caregivers support the mental health of children from birth to six years of age.

Topics include.....trust and healthy attachment, promoting self care and self esteem, expressing emotions, and building relationships.

**Pre-register by calling 902-460-4560**

### **Landscapes of Parenthood**

**Drop-in session**

**Monday, March 16<sup>th</sup> @ 10am**

A drop-in therapeutic art workshop 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.

**We are unable to offer childcare during this time.**

### **Zumba with Liz**

*March 5<sup>th</sup> only*

Get moving in this Latin dance inspired fitness class.

### **Yoga with Tracy**

*March 12<sup>th</sup> and 26<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

3:30pm – 4:30pm

**March dates are the**

**5<sup>th</sup> and 19<sup>th</sup>**

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

*Friday, March 27<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 PTSD (Post Traumatic Stress Injury) to build resiliency in responding to stress.

**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.

# March 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	2 REGISTRATION STARTS @ 9:30am Family Playgroup 9:30-11:00am CLOSED AT NOON	3 Income Tax 1-3:30pm Parent and Baby Drop-in 1:15pm	4	5 Zumba 10am Infant Massage 1:15pm Open New Tab 3:30-4:30pm Pause 5-9pm	6	7
8	9 Family Playgroup 9:30-11:00am CLOSED AT NOON	10 Income Tax 1-3:30pm Parent and Baby Drop-in 1:15pm(Public Health)	11 Chili & Chat 10am  Spry Cafe 5:30pm	12 Yoga 10am Infant Massage 1:15pm NO PAUSE TONIGHT	13	14
15	16 Family Playgroup 9:30-11:00am Landscapes of Parenthood 10am CLOSED AT NOON	17 YWCA Power Camp 9am-3pm Parent and Baby Drop-in 1:15pm	18 YWCA Power Camp 9am-3pm	19 YWCA Power Camp 9am-3pm Open New Tab 3:30-4:30pm Pause 5-9pm	20 YWCA Power Camp 9am-3pm	21
22	23 Family Playgroup 9:30-11:00am CLOSED AT NOON	24 Handle with Care 9:30-11:30am Income Tax 1-3:30pm Parent and Baby Drop-in 1:15pm(Public Health) Prenatal 6:30-8:30pm	25 HOPE 9:30-11:30am	26 Yoga 10am Infant Massage 1:15pm Pause 5-9pm	27 BodyTalk 10am	28
29	30 Family Playgroup 9:30-11:00am CLOSED AT NOON	31 Handle with Care 9:30-11:30am Income Tax 1-3:30pm Parent and Baby Drop-in 1:15pm Prenatal 6:30-8:30pm				