



# Chebucto Family Centre

## August 2020

Although this summer is looking a bit different, we are so glad to be offering some more programs.

**\*\*It looks like we will be back in the centre in September, stay tuned!\*\***

### PANCAKES!



Free take-out breakfast on  
Friday, August 14th

Similar to our Lunch 2 Go  
program.

Come by the centre at 10am and  
pick up breakfast to go.

With support from the Chebucto  
West Community Health Board,  
we will be offering

### Lunch 2 Go

again this month.

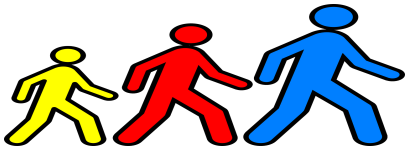


Free picnic style lunch pick-up.  
Wednesdays, at 12noon.  
No registration required

### Community Walking Group

Join us every 2nd Tuesday  
(August 11<sup>th</sup> and 25<sup>th</sup>)  
for a community walk.

We will leave from the centre at  
9:30am and walk for about an hour.



Please pre-register with Stevie at  
[stevie@hgahfx.ca](mailto:stevie@hgahfx.ca)  
or 902-479-3031 Ext 314

Although we are not able to host our  
typical summer Ice Cream Social, we  
will be scooping and giving away

### Ice Cream Cones



Tuesday, August 18<sup>th</sup> from 1-2pm.  
*Stop by to say hello and enjoy a cool  
treat!*

**When attending our in-person programs we ask that you please.....**

- **Stay home if you are feeling unwell**
- Practice social distancing by keeping 6ft/2m between you and anyone outside of your own household.
- Wear a non-medical mask whenever possible and reasonable to do so.
- Use good hygiene practices such a frequent handwashing/sanitizing, coughing or sneezing in your elbow and avoid touching your face.

**Please call if you cannot attend a program**

Where we must limit our numbers, we will also have  
waitlists.

## August 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  
 Erinn Baillie – Director of Programs Ext 308  
 Tara Billard - Office Administrator Ext. 301  
 Andrea Townsend - Centre Coordinator Ext. 302  
 Nicole Clarke-Family Wellness Co-ordinator Ext. 313  
 Sacha Bremner - Parenting Journey Ext. 311  
 Lauren Matheson – Parenting Journey 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  
 Whitney Cruikshank -Vol. Doula Co-ordinator Ext 307  
 Jane Hall - Family Day Home Coordinator Ext. 310  
 Robyn Dalesandro - Day Home Consultant Ext 303  
 Sharelyn Stone - Pre/Post Natal Ext 312  
 Stevie Fort - Program Support Ext 314

### 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
2	3 <b>Natal Day</b>  <b>No programs</b> <b>Staff unavailable</b>	4 <b>Storytime with Taylor</b> 9:30am (video)	5 <b>Lunch 2 Go</b> Starting at 12noon in the centre parking lot	6 <b>Cloth Diaper Tutorial</b> 1:15pm (video)	7	8
9	10	11 <b>Storytime with Taylor</b> 9:30am (video) <b>Community Walking Club</b> Leaving the centre at 9:30am	12 <b>Lunch 2 Go</b> Starting at 12noon in the centre parking lot	13 <b>Infant Facial Massage</b> 1:15pm (video)	14 <b>Take-out Pancake Breakfast</b> 10am	15
16	17	18 <b>Storytime with Taylor</b> 9:30am (video) <b>Ice Cream Cones</b> 1-2pm	19 <b>Lunch 2 Go</b> Starting at 12noon in the centre parking lot	20	21	22
23	24	25 <b>Storytime with Taylor</b> 9:30am (video) <b>Community Walking Club</b> Leaving the centre at 9:30am	26 <b>Lunch 2 Go</b> Starting at 12noon in the centre parking lot	27	28	29
30	31					

