



Chebucto Family Centre

October 2020

Access to the centre will be by **appointment or registered program only**. **Basic Needs** are available on a drop-in basis – please knock and someone will assist you. Please respect social distancing (6ft/2m) and wear a mask.



Trick Or Treat!



Friday, October 30th 1-3pm

Little ghosts and ghouls can stop by the play yard for a Halloween treat bag to kick off your trick or treating fun.

OUTDOOR PLAYGROUP

October 19th & 26th 9:30-11am

Outdoor play time for families with children up to age 5. Bring weather-appropriate clothing! Register with Taylor at 902-479-3031 ext 306

WALK & TALK



Come enjoy the fall weather and take a walk around the neighborhood with staff! This program is **weather dependent**. Please register by calling Nicole at 902-479-3031 ext 313

With support from EfficiencyOne, NS Power and the Province of NS,

Lunch 2 Go

continues in October



Free picnic style lunch pick-up.
Wednesdays, at 12noon.

COFFEE 2 GO

Monday October 26th 10am-12pm

Pop by the centre to say hi and pick up a hot drink and a treat to go!

Infant Massage

**Thursdays Oct 8th – 29th
1:15pm**

Join us for a 4 week in-person Infant Massage series! Due to COVID19 measures, this will be a registered program. Limited spots available. To register, call Sharelyn at 902-479-3031 ext 312

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.

October 2020

Chebucto Family Centre
3 Sylvia Ave, Halifax NS B3R 1J7
Email: info@hgahfx.ca
Phone: 902-479-3031
Fax: 902-492-4547

Staff

Erinn Baillie – Director of Programs/Acting Executive Director 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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	1	2	3
				Basic Shelf At Home (delivery)		
4	5	6	7	8	9	10
	Walk & Talk (preregister) 10am Meet at centre	Storytime with Taylor 9:30am (video) Prenatal (4/6) (Zoom) 6:30	Lunch 2 Go Starting at 12noon in the centre parking lot	Infant Massage (1/4) (preregister) 1:15pm Basic Shelf At Home (delivery)		
11	12	13	14	15	16	17
	Thanksgiving Centre Closed	Storytime with Taylor 9:30am (video) Prenatal (5/6) (Zoom) 6:30	Lunch 2 Go Starting at 12noon in the centre parking lot	Infant Massage (2/4) (preregister) 1:15pm Basic Shelf At Home (delivery)		
18	19	20	21	22	23	24
	Outdoor Playgroup (preregister) 9:30am – 11am	Storytime with Taylor 9:30am (video) Prenatal (6/6) (Zoom) 6:30	Lunch 2 Go Starting at 12noon in the centre parking lot	Infant Massage (3/4) (preregister) 1:15pm Basic Shelf At Home (delivery)		
25	26	27	28	29	30	31
	Outdoor Playgroup (preregister) 9:30am – 11am Coffee 2 Go 10am – 12pm	Storytime with Taylor 9:30am (video)	Lunch 2 Go Starting at 12noon in the centre parking lot	Infant Massage (4/4) (preregister) 1:15pm Basic Shelf At Home (delivery)	Children's Trick or Treating 1-3pm	