



Chebucto Family Centre

February 2021

Access to the centre will be **by appointment or registered program only**. *Basic Needs are available on a drop-in basis* – please come to the kitchen door and someone will be happy to assist you.

Web changes!



You can now find us on the web at
chebuctofamilycentre.ca

Staff can now be reached by email using our first names and our new domain.
firstname@chebuctofamilycentre.ca

Basic Shelf

A home delivery cooking program. Delivery includes recipes as well as everything to make them!

If you have never participated in Basic Shelf and would like to give it a try,
Call the centre at 902-479-3031 Ext 302
A new session will be beginning the week of February 11th

We are once again teamed up with Alice House to offer

Alice on the Go

A program for women who want to improve their relationships with those around them as well as with themselves.

For more details or if you think the program may be a good fit for you.

Call us @ 902-479-3031 Ext 314
or email Alice House aotg@alicehouse.ca

Parent and Baby Play Group

Tuesday afternoons in February from 1-3pm

For more information, or to register, please contact either the front desk at 902-479-3031 Ext 302
or Taylor at Ext 306

Infant Massage

Thursday afternoons at 1:15pm
This is a pre-registered, on site, small group program.
Call 902-479-3031 Ext 302 for more information or to register.
Limited childcare also available

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 as 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.

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

Staff

Meg McCallum – 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 Chinenero - Playroom Facilitator Ext. 306
 Erin Fair-Vol. Doula Program Director Ext. 305
 Whitney Cruikshank -Vol. Doula Co-ordinator Ext 307
 Jane Hall - Family Childcare Coordinator Ext. 310
 Robyn Dalesandro - Day Home Consultant Ext 303
 Sharelyn Stone - Pre/Post Natal Education Ext 312
 Stevie Fort – Community Program Facilitator Ext 314

Programs and Services Offered

- Infant Massage
- Breastfeeding Support
- Family 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 Childcare Agency
- Community fitness classes
- Practical support –basic family and personal needs

For more information visit our
 website

chebuctofamilycentre.ca



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Parent and Baby Playgroup 1-3pm Prenatal (Zoom) 6:30pm (4 of 6)	3 Lunch 2 Go Starting at 12pm in the centre parking lot	4 Infant Massage 1:15pm (3 of 4)	5	6
7	8	9 Parent and Baby Playgroup 1-3pm Prenatal (Zoom) 6:30pm (5 of 6)	10 Lunch 2 Go Starting at 12pm in the centre parking lot	11 Basic Shelf Delivery 1 of 4 Infant Massage 1:15pm (4 of 4)	12	13
14	15 NS Heritage Day This year honouring Edward Francis Arab CENTRE CLOSED	16 Parent and Baby Playgroup 1-3pm Prenatal (Zoom) 6:30pm (6 of 6)	17 Lunch 2 Go Starting at 12pm in the centre parking lot.	18 Basic Shelf Delivery 2 of 4 Infant Massage 1:15pm (1 of 4)	19 Breakfast 2 Go Starting at 10am in the centre parking lot.	20
21	22	23 Parent and Baby Playgroup 1-3pm	24 Lunch 2 Go Starting at 12pm in the centre parking lot	25 Basic Shelf Delivery 3 of 4 Infant Massage 1:15pm (2 of 4)	26	27
28	1	2	3 Lunch 2 Go Starting at 12pm in the centre parking lot	4 Basic Shelf Delivery 4 of 4 Infant Massage 1:15pm (3 of 4)	5	6