



Chebucto Family Centre

March 2021

Access to the centre continues to 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

‘Pizza Night’ Kit

Fridays have traditionally been pizza nights. So, come pick up a kit to make pizza at home.

Kits will be available for pick up at the centre Fridays, March 12th and 26th.

Please pre-register by calling the centre.
902-479-3031 Ext 302

Kids in the Kitchen

4-week series starting the week of March 22nd

A take home kit with family friendly recipes to make and enjoy with your children.

Register by calling the front desk @
902-479-3031 Ext 302



We continue to offer Lunch 2 Go



A free ‘to-go’ lunch on Wednesdays, starting at 12noon in the centre parking lot.

Baby Play Group

Tuesday afternoons

1-3pm

This group is suitable for babies up to 18mths.

Please pre-register by contacting the centre at 902-479-3031
Ext 302 or Ext 306

Syrian Cooking Classes ~ with Manal Algharieb

March 5th @ 3pm – Kabsa Rice
w/ grilled chicken.

March 12th @ 3pm – Falafel

These classes will be offered virtually,
and all supplies provided.

Please call 902-479-3031 Ext 302 to register

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.

March 2021

Chebucto Family Centre
3 Sylvia Ave, Halifax NS B3R 1J7

Email:
info@chebuctofamilycentre.ca
Phone: 902-479-3031

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
 Krista Greencorn - Home Visitor Ext. 304
 Haley Heist - Home Visitor Ext. 315
 Taylor Chinere - 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 Storytime w/ Taylor (video)	2 Baby Playgroup 1-3pm	3 Lunch 2 Go Starting at 12pm in the centre parking lot	4 Infant Massage 1:15pm (must be pre- registered)	5 Syrian Cooking Class – Grilled Chicken 3pm	6
7	8 Storytime w/ Taylor (video)	9 Baby Playgroup 1-3pm Income Tax Clinic (By Appt.)	10 Lunch 2 Go Starting at 12pm in the centre parking lot	11 Infant Massage 1:15pm (must be pre- registered)	12 ‘Pizza Night’ Kit pick-up Syrian Cooking Class – Falafel 3pm	13
14	15 Storytime w/ Taylor (video)	16 Baby Playgroup 1-3pm Income Tax Clinic (By Appt.)	17 Lunch 2 Go Starting at 12pm in the centre parking lot.	18	19	20
21	22 Storytime w/ Taylor (video) Kids in the Kitchen (Week 1/4) Deliveries start this week!	23 Baby Playgroup 1-3pm Income Tax Clinic (By Appt.)	24 Lunch 2 Go Starting at 12pm in the centre parking lot	25	26 ‘Pizza Night’ Kit pick-up Breakfast 10am	27
28	29 Storytime w/ Taylor (video) Kids in the Kitchen (Week 2/4)	30 Baby Playgroup 1-3pm Income Tax Clinic (By Appt.)	31 Lunch 2 Go Starting at 12pm in the centre parking lot			

