



# Chebucto Family Centre

## July 2021

Access to the centre continues to be **by appointment or registered program only.**  
*Basic Needs are available on a drop-in basis*

### LUNCH 2 GO

We are so pleased to offer Lunch 2 Go again for the month of July!



Join us at 12pm in the parking lot for a free takeout picnic lunch.

*If you are interested in sponsoring our Lunch 2 Go program, please call 902-479-3031 ext 309*

### Coffee Chat

Join Meghan Tuesday mornings at 10am for a cup of coffee and community conversation.

Due to COVID-19 restrictions, space is limited and participants must register in advance.

**Please call 902-479-3031 Ext 302 to register.**

### Infant Massage

*Thursdays at 1:15pm  
Registration required  
Limited childcare available*

**Please call 902-479-3031 Ext 302 to register.**

### YWCA Power Camp

Power Camp is a free summer day camp for girls and gender non-conforming youth aged 12-13. The purpose of Power Camp is to offer a fun-filled, experiential week that will enable young people to discover and celebrate their inner power. Our theme this year is self-compassion. The camp will be offered at Chebucto Family Centre from Monday, July 19th to Thursday, July 22nd, 9:00 am to 3:00 pm.

If interested, contact Stephanie at [youthprograms@ywcahalifax.com](mailto:youthprograms@ywcahalifax.com)

### Family Play Group

*Mondays, 9:30-11am  
Wednesdays, 1:30-3pm*

Due to COVID-19 restrictions, space is limited and participants must register in advance.

**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 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.

**July 2021**

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

**Staff**

Tammy Turple – Interim Director Ext 309  
 Erinn Baillie – Director of Programs Ext 308  
 Tara Billard - Office Administrator Ext. 301  
 Meghan Hall - Centre Coordinator Ext. 302  
 Nicole Clarke-Family Wellness Co-ordinator Ext. 313  
 Sacha Bremner - Parenting Journey  
 Taylor Chinenero – Parenting Journey Ext 311  
 Caitlin Sullivan - Home Visitor Ext. 304  
 Sam Vatcher - Home Visitor Ext. 315  
 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  
 Deryck Murray – Playroom Facilitator Ext 306  
 Kamila Drycz – Program Support 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](http://chebuctofamilycentre.ca)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 <b>Family Playgroup</b> 9:30-11:00am (registration required)  Centre closed in afternoon	6 <b>Coffee Chat</b> 10am (registration required)	7 <b>Lunch 2 Go</b> 12pm  <b>Family Playgroup</b> 1:30 – 3pm (registration required)	8 <b>Infant Massage</b> 1:15pm (registration required)	9	10
11	12 <b>Family Playgroup</b> 9:30-11:00am (registration required)  Centre closed in afternoon	13 <b>Coffee Chat</b> 10am (registration required)	14 <b>Lunch 2 Go</b> 12pm  <b>Family Playgroup</b> 1:30 – 3pm (registration required)	15 <b>Infant Massage</b> 1:15pm (registration required)	16	17
18	19 <b>YWCA Power Camp</b> 9-3pm	20 <b>YWCA Power Camp</b> 9-3pm	21 <b>YWCA Power Camp</b> 9-3pm  <b>Lunch 2 Go</b> 12pm	22 <b>YWCA Power Camp</b> 9-3pm	23	24
25	26 <b>Family Playgroup</b> 9:30-11:00am (registration required)  Centre closed in afternoon	27 <b>Coffee Chat</b> 10am (registration required)	28 <b>Lunch 2 Go</b> 12pm  <b>Family Playgroup</b> 1:30 – 3pm (registration required)	29 <b>Infant Massage</b> 1:15pm (registration required)	30	