



# Chebucto Family Centre

## September 2021

Program registration begins on **Wednesday, September 1<sup>st</sup> at 9:30am.**

Access to Basic Needs is available on a drop-in basis.

The centre closes at 12pm on Mondays and from 12:30-1:00pm Tues – Fri for lunch.

### **Spry Café Takeout**

*Wednesday, September 8<sup>th</sup> @ 5:30pm*

We are so excited for the return of Spry Café! It will look a little different as we are currently only able to offer takeout. Please call 902-479-3031 ext 302 to register.

### **Child Passenger Safety Week**

**September 19<sup>th</sup> – 25<sup>th</sup>**

Did you know that we offer help with car seat installations? Chebucto Family Centre has staff who are trained as Child Passenger Safety Technicians. Call the centre for more information or to book an appointment.

### **Walking Club**

*Tuesdays at 9:30*

Walking Club is back! Join staff for a walk along the McIntosh Run trail. We will leave from the centre at 9:30am. Weather dependent. Call 902-479-3031 ext 302 to register.

### **Baby Playtime**

*Tuesday afternoons, 1:30-3pm*

Join us for a weekly drop-in group for caregivers and little ones under 2 years old. Due to capacity limitations, please call the morning of program if you plan to attend.

### **Kids in the Kitchen**

Join us for a four week program for caregivers and children ages 3-5, learning new kitchen skills and trying child-friendly recipes!

**Registration is required as space is limited. Call 902-479-3031 ext 302 to register.**

### **Family Play Group**

*Mondays 10:00 – 11:30am*

Due to COVID-19 restrictions, space is limited. Please call the centre at 902-479-3031 ext 302 the morning of program to confirm your spot.

### **Coffee Chat**

*Wednesday September 8<sup>th</sup> & 22<sup>nd</sup>  
10:00 – 11:30*

Join us for a morning of community and conversation! Childcare is available. Call 902-479-3031 ext 302 to register.

### **Yoga with Tracy**

*Thursday, September 23<sup>rd</sup> @ 10am*

Join us for a morning of gentle yoga practice. Registration is required due to limited space. Childcare is available. 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.

## September 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 – Program Support Ext. 302/314  
 Nicole Clarke-Family Wellness Coordinator Ext. 313  
 Sacha Bremner - Parenting Journey  
 Jacqueline Miller – Parenting Journey Ext 311  
 Krista Greencorn – Healthy Beginnings Ext. 304  
 Sam Vatcher – Healthy Beginnings Ext. 315  
 Erin Fair-Vol. Doula Program Director Ext. 305  
 Whitney Cruikshank -Vol. Doula Coordinator Ext 307  
 Jane Hall - Family Home Childcare Director Ext. 310  
 Robyn Dalesandro – Family Home Consultant Ext 303  
 Sharelyn Stone - Pre/Post Natal Education Ext 312  
 Deryck Murray – Playroom Facilitator Ext 306  
 Kamila Drycz – Program Support Ext 302/314

### Programs and Services Offered

- Infant Massage
- Breastfeeding Support
- Family Support
- Volunteer Doula Support & training
- Community Programs
- Enhanced Community Home Visitors
- Support to new parents 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 Registration starts @ 9:30am	2 Infant Massage 1:15pm	3 Public Health Drop-in Vaccine Clinic 11:00 – 1:00	4
5	6 Labour Day (Centre closed)	7 Walking Club 9:30am Baby Playtime 1:30 – 3:00	8 Coffee Chat 10:00 – 11:30 Spry Café Takeout 5:30	9 Infant Massage 1:15pm	10	11
12	13 Family Playgroup 10:00 – 11:30 Centre closed in afternoon	14 Walking Club 9:30am Baby Playtime 1:30 – 3:00 Prenatal (1/6) 6:30-8:30	15	16 Infant Massage 1:15pm	17	18
19 Child Passenger Safety Week Sept. 19 <sup>th</sup> – 25 <sup>th</sup>	20 Family Playgroup 10:00 – 11:30 Centre closed in afternoon	21 Walking Club 9:30am Baby Playtime 1:30 – 3:00 Prenatal (2/6) 6:30-8:30	22 Coffee Chat 10:00 – 11:30	23 Yoga 10am Infant Massage 1:15pm	24	25
26	27 Family Playgroup 10:00 – 11:30 Centre closed in afternoon	28 Walking Club 9:30am Baby Playtime 1:30 – 3:00 Prenatal (3/6) 6:30-8:30	29 Kids in the Kitchen (1/4) 9:30-11:30	30 National Day for Truth and Reconciliation (Centre closed)		