



Chebucto Family Centre

November 2021

Program registration begins on **Wednesday, October 27th 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, November 10th

5:30 – 6pm

November Spry Café will continue to be takeout only. Please call 902-479-3031 ext 302 to register.

Car Seat Clinic

November 12th, 9-12 & November 18th, 1-4

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.

Alice on the Go (AOTG)

Alice House has partnered with Chebucto Family Centre to deliver this 6 week distance learning program. Alice on the Go is a program for women who want to improve their relationships with those around them and with themselves. The program provides tangible tools to increase self-awareness and self-esteem, learn to set healthy boundaries and build assertiveness skills.

For more information about the Alice on the Go program please email aotg@alicehouse.ca

Craft & Chat

Tuesday, November 30th, 9:30-11:30

Join us for a morning of self-care! We will be making bath bombs and sugar scrub to take home. Childcare is available and registration is required.

Cocoa & Coloring

Tuesday, November 2nd, 10-11:30

Join us for a relaxing morning of coloring, snacks and a cup of cocoa or coffee! Childcare is available. Call 902-479-3031 ext 302 to register.

Kids in the Kitchen

November 24th – December 15th, 10 – 11:30am

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.

Food For Thought

Wednesday, November 3rd, 11 – 12:30pm

Join us for a light lunch and discussion of how we can build a healthy, just and sustainable food system in HRM. Childcare is available. Call 902-479-3031 ext 302 to register.

Yoga with Tracy

Thursday, November 4th & 25th @ 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 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.

November 2021

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

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

Staff

Sharelyn Stone – Acting Executive Director Ext 312
 Erinn Baillie – Director of Programs Ext 308
 Tara Billard - Office Administrator Ext. 301
 Nicole Clarke-Family Wellness Coordinator Ext. 313
 Courtney Covey-Sprague - 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
 Carly LeCocq – Program Facilitator Ext 302/314
 Kamila Drycz – Program Support Ext 302/314
 Kyla Benoit – 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



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--|--|---|--|--|----------|
| | 1 Cleaning Day (Centre closed) | 2 Cocoa & Coloring 10:00 -11:30 Baby Playtime 1:30 – 3:00 | 3 Food for Thought 11:00 – 12:30 | 4 Yoga 10am Infant Massage 1:15pm | 5 | 6 |
| 7 | 8 Family Playgroup 10:00-11:30 Centre closed in afternoon | 9 Baby Playtime 1:30 – 3:00 | 10 Spry Café Takeout 5:30 – 6pm | 11 Remembrance Day (Centre closed) | 12 Car Seat Clinic 9am-12pm (by appointment) | 13 |
| 14 | 15 Family Playgroup 10:00-11:30 AOTG Centre closed in afternoon | 16 Baby Playtime 1:30 – 3:00 Prenatal (1/5) 6:30-8:30 | 17 | 18 Infant Massage 1:15pm Car Seat Clinic 1-4pm (by appointment) | 19 | 20 |
| 21 | 22 Family Playgroup 10:00 – 11:30 AOTG Centre closed in afternoon | 23 Baby Playtime 1:30 – 3:00 Prenatal (2/5) 6:30-8:30 | 24 Kids in the Kitchen (1/4) 10:00 – 11:30 | 25 Yoga 10am Infant Massage 1:15pm YWCA Youth Workshop 3-4:30pm | 26 | 27 |
| 28 | 29 Family Playgroup 10:00 – 11:30 AOTG Centre closed in afternoon | 30 Craft & Chat 9:30 – 11:30 Baby Playtime 1:30 – 3:00 Prenatal (3/5) 6:30-8:30 | | | | |