



Chebucto Family Centre

December 2021

Program registration begins on **Monday, November 29th 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, December 8th

5:30 – 6pm

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

Kindness Cards

Tuesday, December 14th

9:30 – 11:30

Join us for a morning of card-making and spreading kindness! Registration is required and childcare is available.

Yoga Nidra with Nicole

December 9th @ 10am

A relaxing practice, equivalent to about 4 hours of sleep. Please dress cozy and bring your own pillow and/or blanket.

Limited childcare available and registration is required

Willow Youth Network

Thursday, December 9th, 5pm – 6:30pm

Join Willow Youth Network for a workshop on Expression & Individuality (group discussion and hands-on activities). This program is for ages 10-12. Contact the centre for a registration form!

Candlelit Spiral

December 15th at 6pm

This event gives us an opportunity for quiet reflection and to put the commercialism of the season aside. It is designed for families with children old enough to sit quietly through the candle lighting ceremony.

Registration required.

Family Craft Mornings

Bring your little ones and join us for a morning of holiday crafts! Programs run from 10 – 11:30. Registration required.

Wednesday, December 8th – Holiday Cards

Wednesday, December 15th – Cookie Decorating

Pancake Breakfast

Friday, December 3rd

Pop by the centre for a takeout pancake breakfast. Registration is required. Breakfast will be available for pickup from 10 – 10:30.

Yoga with Tracy

Thursday, December 2nd & 16th @ 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.

December 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
 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 306
 Kamila Drycz – Program Support Ext 314
 Kyla Benoit – Front Desk Assistant Ext 302


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 AOTG	2 Yoga 10am Infant Massage 1:15pm	3 Pancake Breakfast (Takeout) 10 – 10:30am	4
5	6 Family Playgroup 10:00-11:30 Centre closed in afternoon	7 Craft & Chat 9:30-11:30 Baby Playtime 1:30 – 3:00 Prenatal (4/5) 6:30-8:30	8 Holiday Cards (family craft) 10:00-11:30 Spry Café Takeout 5:30-6	9 Yoga Nidra 10am Infant Massage 1:15pm Willow Youth Network 5 – 6:30	10 Centre Closed	11
12	13 Family Playgroup 10:00-11:30 Centre closed in afternoon	14 Kindness Cards 9:30-11:30 Baby Playtime 1:30 – 3:00 Prenatal (5/5) 6:30-8:30	15 Cookie Decorating (family craft) 10:00-11:30 Candlelit Spiral 6:00pm AOTG	16 Yoga 10am Infant Massage 1:15pm	17	18
19	20 Centre closed in afternoon	21	22 Centre closed until Tuesday, January 4th	23	24	25 
26	27	28	29	30	31	
<div style="border: 1px solid black; padding: 10px; margin: 10px auto; width: 80%;"> <p>Chebucto Family Centre will be closed for the holidays beginning Wednesday, December 22nd and returning on Tuesday, January 4th.</p> </div>						