

So Many Thanks!

Thanks to the kindness of the Halifax Shoebox Project (and their supporters), J.L Ilsey basketball tournament and a group of Brownies we were able to support many families with toys and food over the holidays. Also a huge thank you to the group from the Port of Halifax who volunteered during the United Way Day of Action to paint our play room!



Heating Assistance

Rebate

The Heating helps with the Nova Scotians range from 31, 2018.

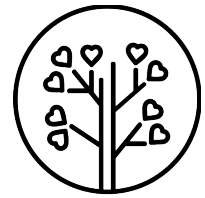


Assistance Rebate Program (HARP) cost of home heating for low-income who pay for their own heat. Rebates \$100 to \$200. You can apply until March

Eligibility:

To qualify for the rebate, you must pay for your own heat and meet 1 of the following criteria:

- - Have a net income of \$29,000 or less and live alone with no kids or dependents
- - Have a combined net income of \$44,000 or less and live with kids, dependents, or other adults
- - Receive income assistance from the Department of Community Services
- - Receive the Guaranteed Income Supplement or the Allowance from Service Canada



Storm Policy

It's that time of year where we let everyone know our storm cancellation policy. If HRSB schools are closed, or school buses are not running due to inclement weather, we will also be closed.

If you are in doubt as to whether we are closed, please call ahead or check our social media pages.



Infant Massage

Infant massage can be a great way for caregivers to connect with their baby. It can help to communicate affection and security, while learning more about your baby and their cues.

Infant massage can also increase circulation, promote relaxation and reduce discomfort from constipation.

Join us on Thursdays at 1:15pm for this free drop in program. No registration is required. Please call ahead if you require childcare for an older child. We generally recommend this program for infants that are at least a month old, and generally not able to crawl.

Produce Packs

The success of the Mobile Food Produce Packs will be continuing in just \$10 you will receive a bag staple fruit and vegetables.

Market 2018. For filled with

Order and Pay

- January 17
- January 31
- February 14
- February 28
- March 14
- March 28

Pick up

- January 31
- February 14
- February 28
- March 14
- March 28
- April 1

MOBILE FOOD MARKET

COOKING WITH PRODUCE PACKS*

FRIDAY FEBRUARY 16

2:30 PM

FREE

Join Food First Coordinator Twyla Nichols and learn how to prepare some tasty dishes! You'll get a chance to try the delicious creations as well as to learn more about the \$10 Produce Pack program.

***REGISTRATION REQUIRED. CALL 902-490-5818 TO REGISTER**
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