

**** Registration starts July 3rd @ 9:30am ****

Please call or come in to register @ 902-479-3031 ext. 302

Join us for a coffee **10am-12noon** every weekday morning.

The Clothing Cupboard and Trading Cupboard are available then as well.

Baby Playtime

--Tuesdays @ 1:15pm

--Great for babies 0-18mos

**We now have a Public Health Nurse
joining us on the 2nd and 4th
Tuesdays of the month.**

This is a drop-in program, so there is
no need to pre-register.

Call Andrea at the centre if you have
any questions.

Breakfast

Wednesday, July 18th @ 10am

All are welcome but we do ask that you pre-
register by calling
Andrea @479-3031 Ext 302

Open Play Yard

- Our play yard will be open 9-4, Monday-Friday all summer.
- Activities and themes
- Healthy snacks and cold water

July's Themes.....

July 2-6: Mud and Mess

July 9-13: Watching our Garden Grow

July 16-20: Homes for our neighbors

July 23-27: Nature's Music

July 30-August 3: Making a Splash

Zumba with Liz

July 12th and 26th

Get moving in this Latin dance inspired
fitness class.

Yoga with Tracy

July 5th and 19th

**Pre-registration required
Limited childcare spots available**

Rock and Rhyme

Wednesday, July 11th @ 1:15pm

If the weather cooperates we will be
out in the play yard!

This is a drop-in program; no need to
pre-register.

*As the warmer weather approaches we would
like to remind our families that we tend to
spend more time outside now and to bring your
children prepared accordingly, with things like
hats and sunscreen.*

Chase the Ace

Thursday evenings, 6-8pm
at Freeman's in Fairview,
3671 Dutch Village Road
Come on out and support the centre
and maybe win some money!!
The jackpot is up to almost \$1000!

2 Free BBQ Lunches

*Friday, July 13 &
Friday, July 27*

12-1pm

Produce Packs

Stop by to order your \$10 pack of fresh
produce every second Wednesday,
between 4pm and 6pm.

Order date

June 20

July 4

July 18

Pick-up Date

July 4

July 18

Aug 1

Please call if you cannot attend a program,
as many of our programs have waitlists.

We will be closed Tues-Fri from 12:30-1:00pm for lunch.

We close Mondays at noon for afternoon meetings.

July 2018

Chebucto Family Centre
3 Sylvia Ave, Halifax NS B3R 1J7
Email: info@hgahfx.ca
Phone: 902-479-3031
Fax: 902-492-4547

Staff

Tammy Turple - Executive Director Ext. 309
 Tara Billard – Office Administrator Ext. 301
 Andrea Townsend – Centre Coordinator Ext. 302
 Nicole Clarke-Family Wellness Co-ordinator Ext. 313
 Sarah White – Home Visitor Ext. 303
 Sabah Randell – Parenting Educator Ext. 311
 Josie Webster – Parenting Educator Ext. 315
 Krista Greencorn – Home Visitor Ext. 304
 Taylor Gear – Playroom Facilitator Ext. 306
 Erin Fair-Vol. Doula Program Director Ext. 305
 Erinn Baillie – Youth & Community Outreach Ext 308
 Whitney Cruikshank –Vol. Doula Co-ordinator Ext 307
 Jane Hall –Family Day Home Coordinator Ext. 310
 Ginny Hennigar – Family Day Home Consultant
 Sharelyn Stone – Pre/Post Natal Ext 312
 Stevie Fort – Program Support Ext 314

Programs and Services Offered

- Infant Massage
- Breastfeeding 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 Support
- Community fitness classes
- Practical support –basic family and personal needs

For more information visit our
 website

HomeOfTheGuardianAngel.ca



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Canada Day 	2 CLOSED FOR HOLIDAY	3 Baby Playtime 1:15pm	4 Produce Packs Order/Pick-up	5 Yoga 10am Infant Massage 1:15	6	7
8	9 Family Playgroup 9:30-11:00 CLOSED AT NOON	10 Baby Playtime 1:15pm	11 Rock and Rhyme 1:15pm	12 Zumba 10am Infant Massage 1:15	13 BBQ 12-1pm	14
15	16 Family Playgroup 9:30-11:00 CLOSED AT NOON	17 Baby Playtime 1:15pm	18 Breakfast 10am Produce Packs Order/Pick-up	19 Yoga 10am Infant Massage 1:15	20	21
22	23 Family Playgroup 9:30-11:00 CLOSED AT NOON	24 Baby Playtime 1:15pm	25	26 Zumba 10am Infant Massage 1:15	27 BBQ 12-1pm	28
29	30 Family Playgroup 9:30-11:00 CLOSED AT NOON	31 Baby Playtime 1:15pm				