



# Chebucto Family Centre

## November 2020

Access to the centre will be **by appointment or registered program only**. *Basic Needs* are available on a drop-in basis – please come to the kitchen door and someone will be happy to assist you.

### PANCAKES!



*Free take-out breakfast on  
Friday, November 13<sup>th</sup>*

Similar to Lunch 2 Go.  
Come by the centre at 10am and  
pick up breakfast to go.

With support from Efficiency One,  
NS Power, and the Province of NS,  
we continue to offer  
**Lunch 2 Go**  
again this month.



Free 'to-go' lunch pick-up.  
Wednesdays, at 12noon.

### Outdoor Playgroup

*Monday mornings in November  
9:30-10:30am*

Outdoor playtime for families with children up  
to age 5. Be sure to bring weather appropriate  
clothing!

Register by calling Taylor at 902-479-3031  
Ext 306

### Infant Massage

*Thursdays, November 5<sup>th</sup>-26<sup>th</sup>  
1:15pm*

A 4 week, in person, series.  
Due to COVID-19 measures, this is a  
closed group with limited space.  
Please pre-register.

We will be making up Christmas craft  
packages. They will be delivered, or be  
available for pick-up, on Friday  
November 27<sup>th</sup>.

We have a limited supply, so ask that  
you call ahead to be placed on the list.

Andrea can be reached at  
902-479-3031 Ext 302

### Yoga

*Tuesdays at 10am*

**Tracy is back!!**

Due to restrictions related to COVID-19, this  
will be a pre-registered, 4-week series.

**Please call Andrea at 902-479-3031  
Ext 302 to register.**

**There is limited childcare available for  
this program.**

**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.

## November 2020

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

### Staff

Erinn Baillie – Director of Programs Ext 308  
 Tara Billard - Office Administrator Ext. 301  
 Andrea Townsend - Centre Coordinator Ext. 302  
 Nicole Clarke-Family Wellness Co-ordinator Ext. 313  
 Sacha Bremner - Parenting Journey Ext. 311  
 Lauren Matheson – Parenting Journey Ext. 311  
 Krista Greencorn - Home Visitor Ext. 304  
 Haley Heist - Home Visitor Ext. 315  
 Taylor Chinere - Playroom Facilitator Ext. 306  
 Erin Fair-Vol. Doula Program Director Ext. 305  
 Whitney Cruikshank -Vol. Doula Co-ordinator Ext 307  
 Jane Hall - Family Day Home Coordinator Ext. 310  
 Robyn Dalesandro - Day Home Consultant Ext 303  
 Sharelyn Stone - Pre/Post Natal Ext 312  
 Stevie Fort – Community Program Facilitator 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](http://HomeOfTheGuardianAngel.ca)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 <b>Outdoor Playgroup</b> (preregister) 9:30-10:30am	3 <b>Yoga (1/4)</b> (preregister) 10am <b>Prenatal (Zoom)</b> 6:30	4 <b>Lunch 2 Go</b> Starting at 12noon in the centre parking lot	5 <b>Basic Shelf at Home</b> (delivery) <b>Infant Massage (1/4)</b> (preregister) 1:15pm	6	7
8	9 <b>Outdoor Playgroup</b> (preregister) 9:30-10:30am	10 <b>Yoga (2/4)</b> (preregister) 10am <b>Prenatal (Zoom)</b> 6:30	11 <b>Remembrance Day</b> <b>CENTRE CLOSED</b>	12 <b>Infant Massage (2/4)</b> (preregister) 1:15pm	13 <b>Take-out Pancake Breakfast</b> 10am	14
15	16 <b>Outdoor Playgroup</b> (preregister) 9:30-10:30am	17 <b>Yoga (3/4)</b> (preregister) 10am <b>Prenatal (Zoom)</b> 6:30	18 <b>Lunch 2 Go</b> Starting at 12noon in the centre parking lot	19 <b>Infant Massage (3/4)</b> (preregister) 1:15pm	20	21
22	23 <b>Outdoor Playgroup</b> (preregister) 9:30-10:30am	24 <b>Yoga (4/4)</b> (preregister) 10am <b>Prenatal (Zoom)</b> 6:30	25 <b>Lunch 2 Go</b> Starting at 12noon in the centre parking lot	26 <b>Infant Massage (4/4)</b> (preregister) 1:15pm	27 <b>“Countdown to Christmas” craft.</b> (delivery/pre-register) Call Andrea to get on the list!	28
29	30 <b>Outdoor Playgroup</b> (preregister) 9:30-10:30am <b>Coffee 2 Go</b> 10am-12pm					

