

free community services



our mission is to nurture and enhance the quality of life of families through the delivery of community-based programs and services.

programs offered*

BABY PLAYTIME A group program to enable babies and parents to socialize.

BREASTFEEDING SUPPORT Private breastfeeding support by appointment.

COOKING CLASSES Cooking classes for children and adults.

CRAFT CLASSES Craft classes for children and adults.

EMERGENCY FOOD CUPBOARD Food and hygiene products for all community members.

FAMILY HOME CHILD CARE We help child care providers offer quality, affordable and accessible child care for families in their communities.

FAMILY PLAYGROUPS Interactive play for children up to age 5.

FAMILY WELLNESS We help families and community members identify needs and connect them with resources.

HEALTHY BEGINNINGS A parenting support program for families with babies and young children.

HOLIDAY SUPPORT We offer a variety of holiday support and programs starting in November.

INCOME TAX PREPARATION Each Spring, CRA volunteers will help you file your income tax.

INFANT MASSAGE CLASS Small group four week classes.

LENDING LIBRARY Drop by and borrow children's books.

PARENTING JOURNEY PROGRAM A home visit program that provides support for families who have complex social, emotional and family challenges.

PRENATAL CLASSES Informative and practical classes for expectant parents.

ROCK & RHYME Learn songs, rhymes and lullabies for little ones.

SCHOOL SUPPLIES School supplies and backpacks.

SPRY CAFE We regularly offer breakfasts, lunches and dinners.

VOLUNTEER DOULA PROGRAM Prenatal, postnatal, birthing and breastfeeding support.

YOGA & ZUMBA Call for a calendar.

YOUTH PROGRAMS We offer a variety of programs for youth, call for a calendar.

for more information or to donate, please contact us:

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website chebuctofamilycentre.ca