



Chebucto Family Centre

A Service of the Home of the Guardian Angel

WHAT'S NEW IN JUNE 2012

****Registration Day – Monday, May, 28th**

Please call or drop- in to register for June's programs 479-3031

Breastfeeding Support & Infant Massage are drop-in programs. No need to register.

PARENT DROP-IN

Mondays 10:00-11:00am

Parent Drop-In is no longer on Tuesdays. Start Monday off right by spending an hour of social time where your wee one can play and you can rub elbows with other parents and caregivers!

TOILET TEACHING

June 4th, 1:30-3:30pm

Think it may be time for your little one to move on from diapers? Come learn tips on how to make this transition as smooth as possible for everyone!

SPRY CAFÉ

Wednesday, June 13th 5:30pm-7:30pm

The last one before we break for July and August! This month's Spry Café will be sponsored by Ground Force Property Services Inc. Please note that due to the popularity of this event, registration is required, so please call ahead to book your family's reservation.

WALK and TALK

Thursday, June 13th 10:00-11:30am

Thursday, June 28th 10:00-11:30am

You will join us for a brisk walk, followed by social play and a nutritious snack. Meet at the Chebucto Family Centre, where we will head to a location fit for fun! Babies in carriers and strollers are welcome and encouraged to attend, given childcare space for younger children is limited.

FAMILY WALK and TALK

June 14th 10:00am to 11:30am

Similar to the Walk and Talk, only this time it is for all ages and we will meet at the Lion's Rink Playground on Drysdale Avenue, followed by a walk on the MacIntosh Run!

GAMES GALLORE!

June 11th 1:30-3:00pm

Get ready for summer fun and learn how to fill those rainy days with games and activities. Learn all about the engaging activities from our new Tote Tales resource; meaningful and fun activities centred around literacy, suitable for toddlers and preschoolers. We will also share ideas and create take-home games for school-age children. We will look after your wee ones while you learn!

STRONG WOMEN

June 18th 1:30-3:00pm

Join Nicole, Kira, and other women to enjoy an afternoon of self-esteem and confidence building activities. We will explore the power of positive thinking, relaxation and finding balance in our lives. Bring a blankie and wear your comfies if you like! ☺

FATHER'S DAY FISHING

June 20th 5:30-7:00pm

Hey daddies, grab your fishing rod, tackle box and bring your pride and joy along for a bite. ☺ Spend some quality time and enjoy fresh air and a healthy snack. Weather Permitting, so be sure to smile for sunshine! Location will be given at the time of registration.

COMMUNITY KITCHEN

Thursday, June 21st 9:30-11:30am

Come and help prepare a nutritious and economical meal. You'll get to take home enough to feed your family supper that night. A fun and tasty afternoon! In order to ensure everyone gets an opportunity to participate, we ask that you not register for Community Kitchen two months in a row. Thank-you for understanding.

MESSY MONDAY

June 25th 1:30-3:00pm

Bring your little ones for an afternoon of messing around with different textures through various activities! Be sure to dress in clothes that don't matter! ☺

YWCA Baby \$steps

Budgeting & Saving Workshop

June 27th 1:30- 3:00pm

Wonder where your money goes? Want to know how to keep more of your money? Join Julie from the YWCA Baby \$steps program, for an interactive workshop on budgeting. Learn about your relationship with money, how to set financial goals, and create a realistic budget. Worksheets and additional information provided to use at home.

FREE Drop- in Swims at the Captain William Spry Pool each Wednesday from 9:00am-1:00pm. Drop-in for the "Parent and Tot" swim for preschoolers. This is only available to PARTICIPANTS of Chebucto Family Centre. In order to participate in the swim give us a call to register before noon the Tuesday prior to the swim.

We ask that you arrive no earlier than 10 minutes before your program starts, this is to allow staff time to prepare. PLEASE CALL if you cannot attend a program, so someone else can have a chance to come!

We are open Monday, Thursday and Friday from 9:00am-4:00pm, Tuesday 9:00am-12:00pm and Wednesday 1:00pm-8:00pm

June 2012

Chebucto Family Centre
A Service of the Home of the Guardian Angel
3 Sylvia Ave, Halifax NS B3R 1J7
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Phone: 479-3031 Fax: 492-4547

Staff



Deborah Hutchinson - Office Admin Ext. 301
 Nicole Clarke- CFC Coordinator Ext. 302
 Tammy Turple - Home Visitor Ext. 303
 Ginny Hennigar - Home Visitor Ext. 304
 Erin Fair - Doula Program Ext. 305
 Melodie Skeete – Adoption Post Placement Support and
 Healthy Beginnings Supervisor Ext. 308
 Donna Williamson - Executive Director Ext. 309
 Jane Hall - Early Childhood Educator Ext. 310
 Kira Kelly - Parenting Counsellor Ext. 311
 Trena S. Gallant - Prenatal /Postnatal Ext.312

Programs and Services Offered

- Infant Massage
- Breastfeeding Support/Clinic
- Volunteer Doula Support
- Enhanced Community Home Visitor
- Support to new moms and their infants
- Prenatal Program
- Parenting Programs and Education
- Family Support and Counselling
- Parent Massage
- Family Wellness
- Preschool
- Post Adoption Services

For more information on our programs and services visit our website at

www.homeoftheguardianangel.ca

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<i>"Happiness is like a butterfly; the more you chase it, the more it will elude you, but if you turn your attention to other things, it will come and sit softly on your shoulder...(Thoreau)</i>			1 Preschool 9:30-11:30am	2
3	4 Parent Drop In 10:00am -11:00am Rock & Rhyme wk 2 10:00 -11:00am Toilet Teaching 1:30-3:30pm	5 Zumba 10:00-11:00am Breastfeeding Support 10:00am-11:30am CENTRE IS CLOSED from 12-4pm	6 Preschool 1:30pm-3:30pm Board Meeting 5:30pm-8:00pm	7 Walk and Talk 10:00-11:30am Infant Massage 1:15-2:15pm	8 Preschool 9:30am-11:30am	9 
10 	11 Parent Drop In 10:00am -11:00am Rock & Rhyme wk 3 10:00-11:00am Games Gallore 1:30-3:00pm	12 Yoga 10:00-11:00am Breastfeeding Support 10-11:30am CENTRE IS CLOSED from 12-4pm	13 Preschool 1:30-3:30pm Spry Café 5:30-7:30pm	14 FAMILY Walk &Talk 10:00-11:30am Infant Massage 1:15-2:15pm	15 Preschool 9:30am-11:30am	16 
17 	18 Parent Drop In 10:00am -11:00am Rock & Rhyme wk 4 10:00 -11:00am Strong Women 1:30-3:00pm	19 Zumba 10:00-11:00am Breastfeeding Support 10-11:30am CENTRE IS CLOSED from 12-4pm	20 Preschool 1:30-3:30pm Father's Day Fishing 5:30pm-7:00pm	21 Community Kitchen 9:30-11:30am Infant Massage 1:15-2:15pm	22 Preschool 9:30am-11:30am	23 
24	25 Parent Drop In 10:00am -11:00am Rock & Rhyme wk 5 10:00am -11:00am Messy Monday 1:30-3:00pm	26 Yoga 10:00-11:00am Breastfeeding Support 10-11:30am CENTRE IS CLOSED from 12-4pm Annual General Meeting 4:00-6:00pm	27 YWCA Baby \$teps Budgeting and Saving Workshop 1:30-3:00pm Doula Inservice 6:00pm-8:00pm	28 Walk and Talk 10:00-11:30am Infant Massage 1:15-2:15pm	29	30