

WHAT'S NEW IN SEPTEMBER 2012

****Registration Day – Tuesday, August 28th**

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

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

SPECIAL NOTICES-CENTRE HOURS

Please note that our Centre will return to our regular hours of 1 to 8 for Wednesdays on September 5th; instead of 9:00am to 4:00pm.

Also, the Centre will be closed on Monday, September 3rd for Labour Day and Friday, September 7th for center cleaning. As well as Friday September 28th, as Staff will be volunteering at the Habitat for Humanity Build Site in Spryfield!

SCRAPBOOKING

Wednesday, September 5th 1:30-3:30pm

Come and get creative with this popular past time. All supplies will be provided. Workshop will be lead by one of our local parents! Please call to register so we can make sure we have enough supplies. ☺

BUDGETING

YWCA Baby\$teps

September 6th &/or 13th 9:30-11:30am

Wonder where your money goes? Want to know how to keep more of your money? Join Julie from the YWCA Baby\$teps program for an interactive workshop on budgeting. Learn about accurately tracking your money and how to create a realistic budget. Worksheets and additional information provided to use at home. You can register for one or both sessions as they will cover the same basics but can help build your skills

COMMUNITY KITCHEN

September 10th, 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. In order to ensure everyone gets an opportunity to participate, we ask that you not register two months in a row.

PAJAMA PARTY

September 12th 5:30-7:30pm

Wear your favorite pajamas and join other families to play games, read stories, and have a yummy bedtime snack. Please call to register.

DAL LEGAL AID INFO SESSION CHILD PROTECTION

September 12, 2012 1:30-3:30pm

Do you have any questions or worries about Child Protection and what the process may look like if they become involved with your family? Come join Susan Young, an experienced lawyer from DAL Legal Aid, to discuss the rights and responsibilities of the family and Department of Community Services. Susan will also share information on how the court process works and how a family can best prepare for this. Questions are welcome!

PLAY WORKSHOP

September 17th 1:30-3:30

Find out about how children learn through all different styles of play. The first hour; you as the parent or caregiver take it all in. And then the next hour we put your wee ones into action by engaging them in play. Best suited for children ages 2-5 years.

SPRY CAFÉ

September 19th 5:30-7:00pm

Welcome back to Spry Café! Come enjoy a family friendly community supper. This month's Spry Café is being sponsored by Uncle Buck's. Please call ahead to book your family's reservation for this month's Spry Café. Food is served at 5:30pm, so be sure to come and get it while it is HOT! ☺

HOW TO TALK SO KIDS WILL LISTEN

September 20th-November 8th 9:30-11:30am

Are you interested in learning new tools to improve your relationship with your children and decrease stress? This program is great for parents of toddlers to early teens. You'll build your skills and learn new techniques on a variety of parenting topics. Limited childcare spaces, so call to register.

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

You can now download a PDF Version of our Calendar, from our WEBSITE! Visit us at www.homeoftheguardianangel.ca/news-events/

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

SEPTEMBER 2012

Chebucto Family Centre
A Service of the Home of the Guardian Angel
3 Sylvia Ave, Halifax NS B3R 1J7
Email: hga@hgahfx.ca
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
 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
- Family Wellness
- Preschool

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

www.homeoftheguardianangel.ca

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 CENTRE IS CLOSED FOR LABOUR DAY	4 Zumba 10:00-11:00am Breastfeeding Support 10-11:30am CENTRE IS CLOSED from 12-4pm	5 Scrapbooking 1:30-3:30pm	6 BudgetingYWCA Baby\$steps 9:30-11:30am Infant Massage 1:15-2:15pm	7 CENTRE IS CLOSED FOR CLEANING	8
9	10 Parent Drop In 10:00am -11:00am Community Kitchen 1:00-3:00pm	11 Yoga 10:00-11:00am Breastfeeding Support 10-11:30am CENTRE IS CLOSED from 12-4pm	12 DAL LEGAL AID INFO SESSION on CHILD PROTECTION 1:30-3:30 Pajama Party 5:30-7:30pm	13 BudgetingYWCA Baby\$steps 9:30-11:30am Infant Massage 1:15-2:15pm	14 Preschool 9:30-11:30am	15
16	17 Parent Drop In 10:00am -11:00am Play Workshop 1:30-3:30pm Incredible Years Wk1 6:30-8:30pm	18 Zumba 10:00-11:00am Breastfeeding Support 10-11:30am CENTRE IS CLOSED from 12-4pm Prenatal 6:30-8:30pm	19 Preschool 1:30-3:30pm Spry Café 5:30-7:00pm	20 How to Talk Week 1 9:30-11:30am Infant Massage 1:15-2:15pm	21 Preschool 9:30-11:30am	22
23/30	24 Parent Drop In 10:00am-11:00am Incredible Years Wk2 6:30-8:30pm	25 Yoga 10:00-11:00am Breastfeeding Support 10-11:30am CENTER IS CLOSED from 12-4pm Prenatal 6:30-8:30pm	26 Preschool 1:30-3:30pm Doula In Service 6:00-8:00pm	27 How to Talk Week 2 9:30-11:30am Infant Massage 1:15-2:15pm	28 CLOSED for HABITAT for HUMANITY BUILD	29