

WHAT'S NEW IN OCTOBER 2012

****Registration Day – Thursday, October 4th**

Please call or drop- in to register for October's programs 479-3031 ext 302

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

IMPORTANT NOTICES **FLOOD DAMAGE**

As some of you may be aware, our Playroom Area recently experienced extensive flood damage due to the excessive amount of rain. As a result, we had to relocate our Play Space to the second floor and balance that with the use of our Program Room.

Initially, we were able to carry on with program delivery. However, given the recurring flood damage with each rainfall, the on-site restoration assessment and the anticipated clean-up; it is not possible to operate at full program capacity for the month of October.

However, we will remain open during our regular hours, and are able to offer Spry Café accordingly.

HOLIDAY HOURS

Please note that the Centre will be closed on Monday, October 8, 2012 for Thanksgiving.

Our Centre will be open from 9:00am until 4:00pm in order to honour all goblins and ghouls for Halloween; October 31st.

SPRY CAFÉ

October 17th 5:30-7:00pm

This month's Spry Café has been moved ahead a week, but will return to its regular time slot of the second Wednesday of every month.

Come enjoy a family friendly community supper. 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! ☺

ZUMBA

October 16th and 30th

10:00-11:00am

Come and get your salsa glow on with Belinda! Remember come dressed to sweat!

YOGA

October 23rd

10:00-11:00am

Come and experience Yoga with Angeline and nurture your mind, body and spirit.

Registration is required for both Zumba and Yoga.

SPRYFIELD CELEBRATES BREAST FEEDING WEEK

Monday, October 1, 2012

10:30am-12:00noon

More than 170 countries around the world celebrate World Breast Feeding Week. In Canada, we celebrate the event each year during the first week of October. At the Chebucto Family Centre, we will honor it especially on Monday, October 7th!

Come on out to our Centre from 10:00am until 12 noon for a casual celebration with facts, fun and light refreshments. Registration is not necessary, but feel free to call us for more information. To learn more about World Breast Feeding Week, please visit: www.worldbreastfeedingweek.org

WOMEN OF WONDER

October 29th

1:00-3:00pm

An 8 week program, Women of Wonder or WOW for short, will guide you to discover your inner strengths, and help you begin to understand what may be holding you back from your true potential. We will offer you a safe and supportive environment for discussions, activities and resources that examine self-esteem, communication, life skills/problem solving strategies, self-care/stress prevention and management and building a personal and community based support network. Come build your self-care "tool box" with us! Registration is required.

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 s You can now receive a PDF Version of our Calendar, from our WEBSITE! Visit us at

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Visit us at www.homeoftheguardianangel.ca/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

OCTOBER 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

Tammy Turple – Home Visitor Ext. 303
 Deborah Hutchinson - Office Admin Ext. 301
 Nicole Clarke- CFC Coordinator Ext. 302
 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. Parent Drop In 10:00am -11:00am R&R 9:30-10:30am Spryfield Celebrates Breastfeeding Week 10:30-12noon Incredible Years Wk3 6:30-8:30pm	2. Breastfeeding Support 10-11:30am CENTRE IS CLOSED from 12-4pm Prenatal 6:30-8:30pm	3 Preschool Wk. 1:30-3:30pm	4. How to Talk Week 2 9:30-11:30am Infant Massage 1:15-2:15pm	5 Preschool Wk. 9:30-11:30am	6
7	8 CLOSED THANKSGIVING	9 CPNP Gathering Breastfeeding Support 10-11:30am CENTRE IS CLOSED from 12-4pm Prenatal 6:30-8:30pm	10 Preschool Wk. 1:30-3:30pm Board Meeting 7:00-9:00pm	11 How to Talk Week 3 9:30-11:30am Infant Massage 1:15-2:15pm	12 Preschool Wk. 9:30-11:30am	13
14	15 Parent Drop In 10:00am -11:00am R&R 9:30-10:30am Incredible Years Wk4 6:30-8:30pm	16 Zumba 10:00-11:00am Breastfeeding Support 10-11:30am CENTRE IS CLOSED from 12-4pm Prenatal 6:30-8:30pm	17 Preschool Wk. 1:30-3:30pm Spry Café 5:30-6:30	18 How to Talk Week 4 9:30-11:30am Infant Massage 1:15-2:15pm	19 Preschool Wk. 9:30-11:30am	20
21	22. Parent Drop In 10:00am -11:00am R&R 9:30-10:30am Incredible Years Wk5 6:30-8:30pm	23 Yoga 10:00-11:00am Breastfeeding Support 10-11:30am CENTRE IS CLOSED from 12-4pm Prenatal 6:30-8:30pm	24 Preschool Wk. 1:30-3:30pm Doula In Service 6:00-8:00	25 How to Talk Week 5 9:30-11:30am Infant Massage 1:15-2:15pm	26 Preschool Wk. 9:30-11:30am	27
28	29 Parent Drop In 10:00am -11:00am R&R 9:30-10:30am Women of Wonder Wk1 1:30-3:30pm Incredible Years Wk6 6:30-8:30pm	30 Zumba 10:00-11:00am Breastfeeding Support 10-11:30am CENTRE IS CLOSED from 12-4pm Prenatal 6:30-8:30pm	31 Preschool Wk. 1:30-3:30pm Halloween!			