

# CHEBUCTO FAMILY CENTER

## WHAT'S NEW IN JANUARY 2013

**\*\*Registration begins on – Friday, Dec. 14th**

**Please call or drop-in to register for January's programs @ 479-3031 ext. 302**

### FEEDING YOUR FAMILY.

Chebucto Family Center is pleased to welcome Tina and Lindsay from the Chebucto Community Health Team as they present a 2-part workshop "FEEDING YOUR FAMILY"

**Part 1. Making the Most of Your Food Dollar Friday, January 25 9:30-11**

Join us for a session on making your food dollar stretch. Learn practical tips when grocery shopping and meal planning for a healthier you.

Facilitator – Tina McPhee from the Chebucto Community Health Team

**Part 2, "Picky Eaters" will be on Feb. 1<sup>st</sup>. Check out our February calendar for more info.**

**Spry Café – Wednesday, January 9th, 5:30-6:30**

Please join us for a festive "Old Christmas" holiday meal. Ham supper is served at 5:30. Limited seating.

Location – Chebucto Family Center.

Registration required.

*Thanks to the Armdale Book Club for sponsoring "Spry Café" this month*

**Wednesday, January 23<sup>rd</sup> 1:30 – 3:30**

**Positive Discipline Workshop.**

**Not sure how to handle your child's behaviour? Join Kira Kelly for a 2 hr. workshop and explore how to use positive communication techniques to help your child learn & grow.**

**Please call to register. Front desk. 479-3031, ext 302**

Parent Massage. We are hoping once again to offer 1 hr. parent massage appointments at a nominal fee. Please call the front desk (ext 302) to put your name on an interest list.

### WOMEN OF WONDER

**Session #2 starting January 22nd, 2013**

An 8 week program, Women of Wonder or WOW for short, will guide you to discover your inner strengths. Come build your self-care "tool box" with Kira, Stephanie and fellow women! Registration required.

*Thanks to Chebucto West Community Health Board for the funding to make this program possible.*

### ZUMBA

Belinda is back!. **Zumba classes are Thursday, Jan. 10th & 24<sup>th</sup> from 10 -11:30**

**YOGA classes are Thursday**

**January 17<sup>th</sup> & 31<sup>st</sup> - 10:00-11:30am**

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

**Registration is required for both fitness programs**

**TRADIN' CUPBOARD.** This is a service provided to help families meet basic needs. It is a means to trade things you have for things you need to "tide you over" until payday. Please drop in for a list of trade-in items.

## IMPORTANT NOTICES

### HOLIDAY HOURS

Please note that the Centre will be closed at noon on Dec.24<sup>th</sup> and will re-open on **Wednesday, January 2, 2013 at 1 pm.**

### PROGRAM TIMES

Program times as posted on the calendar include class time, refreshment time and social time. Please plan to arrive 10 minutes before the starting time to get your children settled into the play area, and return to the playroom at least 10 minutes before the ending time to get your children ready and to touch base with the caregivers. This is to ensure that our staff have enough time to prepare and clean up. **Please note that some of our programs are happening on DIFFERENT DAYS – check the calendar carefully.**

**DRESS TO PLAY.** Please dress your children to play. Sometimes we get messy. Sometimes we will play outside.....comfy, "everyday clothes" are best.

**STORM DAY POLICY** Please note that if the schools in HRM are closed due to unsafe road / weather conditions, so are we. **If you are unsure, please call ahead.**

**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 **ACTIVE PARTICIPANTS** of Chebucto Family Centre. **Call Ginny register before noon the Tuesday prior to the swim.**

**Dalhousie Law Clinic.** Call Ginny at 479-3031 ext 302 to book a free, private appointment with Susan Young from Dal Legal Aid. Susan will be at the Chebucto Family Center on **Thursday, January 10th from 1-3 pm**

**PLEASE CALL** if you cannot attend a program, so another family may be given a chance to come!

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

**JANUARY 2013**

**Chebucto Family Center**

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

[www.HomeOfTheGuardianAngel.ca/EVENTS](http://www.HomeOfTheGuardianAngel.ca/EVENTS)

**Staff**

Tammy Turple – Executive Director Ext. 309  
 Deborah Hutchinson - Office Admin Ext. 301  
 Nicole Clarke- Home Visitor Ext. 303  
 Theresa Banks -Rex- Home Visitor Ext.304  
 Ginny Hennigar – Centre Coordinator Ext. 302  
 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  
 Program Support – Andrea Hutchinson

**Programs and Services Offered**

- Infant Massage
- Breastfeeding Support
- Volunteer Doula Support & training
- Enhanced Community Home Visitor
- Support to new moms and their infants
- Prenatal Program
- Parenting Programs and Education
- Family Support and Counselling
- Family Fitness

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

[www.HomeOfTheGuardianAngel.ca](http://www.HomeOfTheGuardianAngel.ca)

To register for programs, please call 479-3031 ext. 302.

WELCOME: We are pleased to welcome Andrea Hutchinson as our part time program assistant.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	closed	<b>1</b> <i>HAPPY NEW YEAR</i> closed	<b>2</b> RE-open at 1 pm	<b>3</b>	<b>4</b>	<b>5</b>
<b>6</b>	<b>7</b> Rock & Rhyme #1 9:30-10:30am  Parent Drop In 10:00am -11:30am	<b>8</b> Breastfeeding Support 10-11:30  CENTRE IS CLOSED 12-4pm  Pre-Natal #1 6:30 -8:30	<b>9</b>  “Old Christmas”  SPRY CAFÉ 5:30 -6:30 sponsored by Armdale book club	<b>10</b> ZUMBA 10 – 11:30  Infant Massage 1:15-2:30pm  Dal Law Clinic 1-3	<b>11</b>  WOW #8 (class of 2012) 10am -1:30 pm	<b>12</b>
<b>13</b>	<b>14</b> Rock & Rhyme #2 9:30 -10:30  Parent Drop In 10 -11:30  Incredible Years Wk 1 6:30 -8:30	<b>15</b> Breastfeeding Support 10-11:30  CENTRE IS CLOSED from 12-4pm Pre-natal #2 6:30-8:30	<b>16</b>  Board Meeting	<b>17</b> Yoga 10 -11:30  Infant Massage 1:15-2:30pm	<b>18</b>	<b>19</b>
<b>20</b>	<b>21</b> Rock N Rhyme #3 9:30 – 10:30 Parent Drop-In 10-11:30  Incredible Years Wk 2 6:30-8:30pm	<b>22</b> WOW Wk 1 9:30 -11:30 Breastfeeding Support 10-11:30  CENTRE CLOSED 12-4pm Pre-natal #3 6:30-8:30	<b>23</b> Positive Discipline Workshop 1:30 -3:30  Parent Massage by appointment only 4-7pm	<b>24</b> ZUMBA 10-11:30 Infant Massage 1:15-2:30pm  Doula steering committee mtg.	<b>25</b> Feeding Your Family  Workshop #1 “Making the Most of Your Food Dollar” 9:30 -11	<b>26</b>
<b>27</b>	<b>28</b> Rock N Rhyme #4 9:30 – 10:30 Parent Drop-In 10-11:30  Incredible Years Wk. 3 6:30-8:30pm	<b>29</b> WOW Wk 2 9:30-11:30  Breastfeeding Support 10-11:30  CENTRE CLOSED 12-4pm Pre-natal #4 6:30 -8:30	<b>30</b>  Doula In-service	<b>31</b> Yoga 10 -11:30  Infant Massage 1:15-2:30		

