

# CHEBUCTO FAMILY CENTER

## WHAT'S NEW IN FEBRUARY 2013

**\*\*Registration begins on – Monday, January 28<sup>th</sup> @ 1pm**

**Please call or drop- in to register for February'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 2: February 1<sup>st</sup> 9:30 – 11:00 am**

#### *Picky Eaters*

Is your child a picky eater? Do you have a hard time getting your children to eat healthy foods? Join us for a discussion about how to get your children to eat what you want them to and get ideas for easy and healthy meals and snacks.

**Parent Massage.** Wednesday, Feb.20, 4-7pm

We are pleased to offer 1 hr. parent massage appointments at a nominal fee. Please call the front desk (ext 302) to book your appointment. Fees are payable directly to therapist. Cash only, please. We welcome Katherine Candline, RMT.

### **"TUMBLEBUGS" Feb.6 – March7**

**Wed@1:30 & Fri.@9:30**

Looking for something fun for your child to do? Come join Jane and Andrea for our new "Tumblebugs" program. "Tumblebugs" is a fun and safe introduction to a basic gymnastics program for children ages 3 1/2 to 5 years. Children will learn basic movement skills that support healthy growth and development. Drop off your preschooler at the Chebucto Family Center on Wed @1:30 and Fridays @ 9:30 for 5 weeks. Each 1.5 hr class includes 45 "tumblebug" minutes; a "healthy living" circle time, and a healthy snack. Space is limited. Registration is required. Participation in all 10 classes is preferred. Gym mats and accessories are provided. Please dress your child in comfortable "gym clothes".

*Tumblebugs is a program with Gymnastics Nova Scotia, Active Kids/ Healthy Kids Department of Health Promotion and Protection, Province of N.S, 2003 with further partnership from the Department of Education.*

**"Happy Hearts" Spry Café – Wednesday, February 13th, 5:30-6:30**

Please join us for a delicious chicken dinner prepared with authentic (mild) Indian spices . Supper is served at 5:30.

Limited seating.

Location – Chebucto Family Center.

Registration required.

*Thanks to Lorraine Black for sponsoring Spry Café this month.*

### **Dal Legal Aid Clinic**

**Are you having a "legal issue"? Not sure what rights you have? Not sure what to do? Book an appointment for the next Dalhousie Law Clinic. – held monthly at the Chebucto Family Center.** 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, February 7th from 1-3 pm**

### **ZUMBA**

**ZUMBA Thursday, Feb. 7 & 21 <sup>from</sup> 10 -11:30**  
**YOGA Thursday Feb. 14 & 28 - 10:00-11:30am**

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

**Registration is required for both fitness programs**

**Positive Discipline Workshop – rescheduled date is Monday, Feb.11 1:30 -3:30. Facilitated by Kira.**

### **WEE COOK TOGETHER – Feb.6 4:30 -6:00**

Erica(from Pathways) and Jane (from our playroom) invite families with 2.5-3.5 yr olds to prepare and eat supper together at Chebucto Family Center. Each family will take home a "mini-chef's kit bag". Childcare for younger siblings is available upon request. Registration required. Limited spaces.

## **IMPORTANT NOTICES**

### **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.

*New families, please call Ginny to register before noon the Tuesday prior to the swim.*

**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**

**FEBRUARY 2013**

**Chebucto Family Center**

A service of the Home of the Guardian Angel

3 Sylvia Ave, Halifax NS B3R 1J7

Email: [hga@hgahfx.ca](mailto: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  
 Andrea Hutchinson –Program Support

**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.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 <b>Rock &amp; Rhyme #5</b> 9:30-10:30am  <b>Parent Drop In</b> 10:00am -11:30am  <b>Incredible Years Wk4</b> 6:30 – 8:30	5 <b>WOW wk. 2</b> 9:30 -11:30 Breastfeeding Support 10-11:30  CENTRE IS CLOSED 12-4pm  Pre-Natal #5 6:30 -8:30	6 “Tumblebugs” 1 1:30-3:00  “Wee Cook Together” 4:30 – 6:00	7 <b>ZUMBA</b> 10 – 11:30  <b>Infant Massage</b> 1:15-2:30pm  <b>Dal Law Clinic</b> 1-3	8 “Tumblebugs” 2 9:30-11	9
10	11 <b>Rock &amp; Rhyme #6</b> 9:30 -10:30 <b>Parent Drop In</b> 10 -11:30 <b>Positive Discipline</b> <b>Workshop 1:30-3:30</b>  <b>Incredible Years Wk 5</b> 6:30 -8:30	12 <b>WOW wk3</b> 9:30 -11:30 <b>Breastfeeding Support</b> 10-11:30  CENTRE IS CLOSED from 12-4pm <b>Pre-natal #6 6:30-8:30</b>	13 “Tumblebugs” 3 1:30 -3:00 pm  “Happy Hearts” <b>SPRY CAFÉ</b> 5:30 -6:30 pm <i>sponsored by</i> <i>Lorraine Black</i>	14 <b>Yoga</b> 10 -11:30  <b>Infant Massage</b> 1:15-2:30pm  Happy Valentine's Day	15 “Tumblebugs”4 9:30 - 11  	16
17	18 <b>Rock N Rhyme #7</b> 9:30 – 10:30 <b>Parent Drop-In</b> 10-11:30  <b>Incredible Years Wk 6</b> 6:30-8:30pm	19 <b>WOW Wk 4</b> 9:30 -11:30 <b>Breastfeeding Support</b> 10-11:30  CENTRE CLOSED 12-4pm  <b>Pre-natal #7 6:30-8:30</b>	20 “Tumblebugs” 5 1:30-3pm  <b>Parent Massage</b> by appointment only 4-7pm  <b>Board Meeting</b> 6:30	21 <b>ZUMBA</b> 10-11:30 <b>Infant Massage</b> 1:15-2:30pm  <b>Doula steering</b> <b>committee mtg.</b> 3pm	22 “Tumblebugs” 6 9:30-11	23
24	25 <b>Rock N Rhyme #8</b> 9:30 – 10:30 <b>Parent Drop-In</b> 10-11:30  <b>Incredible Years Wk. 7</b> 6:30-8:30pm	26 <b>WOW Wk 5</b> 9:30-11:30  <b>Breastfeeding Support</b> 10-11:30  CENTRE CLOSED 12-4pm  <b>Pre-natal #8 6:30 -8:30</b>	27 “Tumblebugs” 7 1:30-3pm  <b>Doula In-service</b> 6-8 pm	28 <b>Yoga</b> 10 -11:30  <b>Infant Massage</b> 1:15-2:30	March 1 “Tumblebugs” 8 9:30-11	