

# CHEBUCTO FAMILY CENTER

## WHAT'S NEW IN MAY 2013 ?

**\*\*Registration begins on – Monday, April 29, 2013**

Breastfeeding Support, Infant Massage, Parent drop-in and Baby Playtime are drop-in programs. No need to register.

**CLOTHING CUPBOARD.** We have an abundance of infant summer clothing to share. Size newborn to 18 months. Come in and check out our clothing cupboard.  
Need maternity clothes ?– we have some new items just in time for summer.

**PARENT MASSAGE. Monday, May 6, 10am-1pm** 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.

**“BABY PLAYTIME” with Theresa**  
**every Wednesday 1:30 -3 pm**

Bring your baby out to play. Join Theresa for some social playtime in a safe, stimulating environment. This interactive program is for parents and newborn to 12months old babies. This is a drop-in program.

**ZUMBA Thursday, May 2, 16, & 30 from 10 -11:30**  
**YOGA Thursday. April 9 & 23 - 10:00-11:30am**  
Come and experience Zumba with Belinda & Yoga with Nicole .  
**Registration is required for both fitness programs**

**Used Baby Food Jars.** We are collecting clean baby food jars with lids. Infant and toddler size. Drop off your donations to Ginny.

**Mom's Special Time**

**May 13, 2013 10:30-12noon**

You are invited to enjoy a social time together with other Mom's while we care for your children. Yummy treats and craft-making available.

**Please note:** *There will be no parent drop-in on Monday, May 6<sup>th</sup>.* ( We are hopeful that we will be preparing the lower level playroom that day.) **On Monday, May 13<sup>th</sup> we will be having the “Mom's Special Time” instead of parent drop-in.**

**SPRY CAFÉ` – May 8th, 5:30-6:30**

Please join us for a Ham Dinner prepared for you by the  
*Home of the Guardian Angel*  
**Volunteer Board of Directors**  
Limited seating. Registration required.

**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, May 9<sup>th</sup> from 1-2:30**

**Join us at the Captain William Spry Community Centre on May 5<sup>th</sup> from 10-1pm for **TWO Exciting Community Events:****

**5<sup>th</sup> Annual Book Bonanza**

We are celebrating our love of reading in Spryfield with the 5<sup>th</sup> Annual FREE Spryfield Book Bonanza!  
All are welcome to join us for fun and games, an opportunity to create your own book, and visit the “book doctor.” There will be oodles of FREE books—  
Adult and children!



**Tap the Tap Family Fun Event**

Free water bottles, many great prizes, face painting, games, and lots of fun activities for toddlers and their families! Come learn about healthy habits and resources.

**IMPORTANT NOTICES**

**PROGRAM TIMES**

Program times as posted on the calendar include class time, refreshment time and social time. Please plan to arrive only 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 we will be open from 9-4 Wednesdays beginning in March. Evening programs and events will be scheduled**

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

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

**We are open Monday, Wednesday, Thursday & Friday 9-4 and Tuesday 9-12 noon.**

**MAY 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 EXT 307

**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 Preschool #3 9:30-11:30  Baby Playtime 1:30-3	2 ZUMBA 10 – 11:30  Infant Massage 1:15-2:30pm	3 Preschool #4 9:30-11:30	4 “Tap the Tap” & “Book Bonanza” at Capt’n Wm. Spry Center 10am-1pm
5	6 Rock & Rhyme #5 9:30-10:30am Parent Massage 10-1	7 Toddler Incredible Years wk4 Breastfeeding Support 10-11:30  Pre-Natal #6 6:30-8:30	8 Preschool # 5 9:30-11:30  Baby Playtime 1:30-3 SPRY CAFÉ 5:30 -6:30 pm	9 Yoga 10 -11:30  Dal Law Clinic 1-2:30 Infant Massage 1:15-2:30pm	10 Preschool # 6 9:30-11:30	11
12	13 Rock & Rhyme #6 9:30-10:30  Mother’s Day Celebration 10:30-12noon registration required	14 Toddler Incredible Years wk5 9:30 -11:30 Breastfeeding Support 10-11:30  Pre-natal #7 6:30-8:30	15 Preschool #7 9:30-11:30  Baby Playtime 1:30-3	16 ZUMBA 10-11:30  Infant Massage 1:15-2:30pm	17 Preschool #8 9:30-11:30	18
19	20  CLOSED	21 Toddler Incredible Years wk6 9:30 -11:30 Breastfeeding Support 10-11:30  Pre-Natal #8 6:30-8:30	22 Preschool #9 9:30-11:30 Baby Playtime 1:30-3  Board Meeting 6:30	23 Yoga 10 -11:30  Infant Massage 1:15-2:30  Doula steering committee 3 pm	24 Preschool #10 9:30-11:30	25
26	27 Rock & Rhyme #7 9:30 – 10:30 Parent Drop-In 10-11:30	28 Toddler Incredible Years –wk7 9:30-11:30 Breastfeeding Support 10-11:30  Pre-natal #9 6:30 -8:30	29 Preschool #11 9:30-11:30  Baby Playtime 1:30-3:00 Doula In-service 6-8pm	30 ZUMBA 10-11:30  Infant Massage 1:15-2:30	31 Preschool #12 9:30-11:30	

