

# CHEBUCTO FAMILY CENTER

## WHAT'S NEW IN JULY 2013

**\*\*Registration begins on – Wednesday, June 26, 2013**

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

### **Music with Meghan**

July 24, 2013 10:00-11:00

Join Meghan for a morning of music making and singing. There will be lots of shakers and instruments to try out, but feel free to bring your own instruments as well! Call to register kids and parents.

### **PARENT MASSAGE. Monday, July 8, 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 Katherine Candline, RMT Cash only, please. *Please note: No childcare available for 12 o'clock appointment.*

### **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 **Monday, July 22 from 1-3 pm.**

### **YOGA Thursday. June 6 & 22 - 10:00-11:30am**

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

**Westmount Picnic. Wed. July 10. 10-12** Join us for family fun at Westmount Water Park & Playground. We will play, explore and have a picnic. Bring sunscreen, swim suits, towels, & a sun hat. When you **call to register**, let us know if you will be meeting us there, or taking the 9:15 bus. **Weather permitting.**

### **Strong Women. Tuesday, July 16, 9:30-11:30**

Join Kira for a morning of reflection and confidence building activities and conversation. Limited childcare available. **Please call to register.**

### **Monday family drop in themes: 10 -11:30**

July 8<sup>th</sup> – Pull & Plant. Come and help us beautify our play space. Bring your gardening gloves and wear old clothes. We'll plant flowers and pull weeds.

July 15<sup>th</sup> – Water Fun. Be ready to get wet. Water play for all ages.

July 22 – Backyard Creations. Jane will demonstrate easy, fun activities you can set up in your play space to keep your little ones busy all summer.

### **Tuesdays Drop-in program. 10-11:30**

Breastfeeding support. Come and visit other breastfeeding Moms & babies. A staff person will be available to provide information and support. Limited child care available most days. **Please call ahead IF you NEED childcare.**

### **Wednesdays drop-in 1:30 -3 pm**

"Baby Playtime" Bring your baby out to play. Join us for some social playtime in a safe, stimulating environment. This interactive program is for parents and newborn to 12months old babies. PLEASE NOTE – no child care available.

### **Thursday's drop-in 1:15-2:30**

Infant Massage. Bring your baby and learn quiet, gentle techniques to soothe, stimulate, bond, and communicate with your baby. Please call ahead if you need childcare.

### **Craft Corner. Tuesday, July 23. 10-11:30**

Join Meghan and Courtney for a morning of creative expression, conversation, and relaxation. Limited spaces. Limited childcare. **Please call to register.**

### **Family Walk & Talk. Thursday July 11&25.**

**10-11.** Put on comfy walking shoes, kids in their strollers and join us as we explore the neighbourhood. **Weather permitting.**

**Ice Cream Social. July 12. 10-12.** Bring your children for some outdoor fun and games. Wear play clothes. Enjoy an ice cream while chatting and playing. All welcome.

## **IMPORTANT NOTICES**

**DRESS TO PLAY.** Please dress your children to play. Sometimes we get messy. Sometimes we will play outside.....comfy, "everyday clothes" are best. **PLAY SAFE – Remember to wear sunscreen and a sun hat, and drink water.**

**"NO SCENTS MAKES SENSE".** Please refrain from wearing scented products when visiting our center. Many people are sensitive. Please let us know if you are not able to attend a registered program so another family can be included. 479-3031 ext 302

PLEASE NOTE – We have included some community events on the calendar, along with the corresponding website or phone number. Our staff will NOT be attending these events. They are included in our calendar only to bring awareness of the many summer events and festivals our beautiful city / province has to offer. We hope that you will invite a friend and enjoy some of these celebrations.



**NEW.** Families are invited to use our playground during times noted on the calendar. Staff will not be available. It is expected that users will tidy the play space after use. Please bring your own water, sunscreen, snacks, etc.

**JULY 2013**

**Chebucto Family Center**

A service of the Home of the Guardian Angel

**3 Sylvia Ave, Halifax NS  
B3R 1J7**

**Email: hga@hгахfx.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  
Meghan Hall – Summer Program Support Ext. 306

**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 Center Closed  <a href="http://www.hrmcanaday.ca">www.hrmcanaday.ca</a> <a href="http://www.pier21.ca">www.pier21.ca</a> <a href="http://www.shakespearebythesea.ca">www.shakespearebythesea.ca</a>	2 “Make & Take” – rescheduled date 9:30-11:30 (full) <b>Breastfeeding Support 10-11:30</b>  closed at noon	3 <b>Play yard open</b>  9:30 12:00 ----- <b>Baby Playtime 1:30-3</b>	4 <b>Yoga 10-11:30</b>  <b>Infant Massage 1:15-2:30pm</b>	5 <b>Play yard open</b>  9:30 3:30	6 Dragon Boat Festival Lake Banook <a href="http://dragonboat.halifax.ns.ca">dragonboat.halifax.ns.ca</a>
7 “Dino Days” <a href="http://www.museum.gov.ns.ca/fgm">www.museum.gov.ns.ca/fgm</a>	8 “Pull & Plant” <b>Family Drop -In 10:00am -11:30am</b>  <b>Parent Massage 10-1</b> <b>Play yard open 1:00 3:30</b> 	9 <b>Incredible Years (Last class) 9:30-11:30</b> <b>Breastfeeding Support 10-11:30</b>  closed at noon	10 <b>Westmount Picnic (weather permitting) 10-12</b>   <b>Baby Playtime 1:30-3</b>	11 <b>Family Walk &amp; Talk with Trena 10-11</b>  <b>Infant Massage 1:15-2:30pm</b>	12 <b>Ice Cream Social 10-11:30</b>	13 Strawberry Social Cole Harbour Heritage Farm  <a href="http://coleharbourfarmmuseum.ca">coleharbourfarmmuseum.ca</a>
14	15 “Water Fun” <b>Family Drop- In 10 -11:30</b> <b>Play Yard Open 1:00 3:30</b> 	16 <b>Strong Women 9:30-11:30</b> <b>Breastfeeding Support 10-11:30</b> closed at noon ----- “Evening in the garden” 6:30-8:30 for info ph 477-6078. Urban Farm Museum, Spryfield	17 <b>Baby Food Making 9:30 – 11:30</b>  <b>Baby Playtime 1:30-3</b>	18 <b>Yoga 10-11:30</b>  <b>Infant Massage 1:15-2:30pm</b>	19 <b>(Ice cream social rain date )OR Play yard open 9:30 3:30</b> 	20 Atlantic Film Festival 0outdoor summer films July 19-23 <a href="http://atlanticfilm.com">atlanticfilm.com</a>
21 Halifax Citadel Ghost Tours 8:30-10pm July19-26  <a href="http://www.pc.gc.ca">www.pc.gc.ca</a>	22 “Back yard Creations” <b>Family Drop-In 10-11:30</b> <b>Dal Law Clinic 1:00-3:00</b> ----- <b>Play Yard 1:00 3:30</b> 	23 <b>Craft Corner 10-11:30</b> <b>Breastfeeding Support 10-11:30</b>  closed at noon	24 <b>Music with Meghan 10:00-11:00</b>  <b>Baby Playtime 1:30-3</b>	25 <b>Family Walk &amp; Talk with Kira &amp; Meghan 10-11</b>  <b>Infant Massage 1:15-2:30</b>	26 <b>Play yard open 9:30 3:30</b> 	27
28	29 <b>Registration day for August programs Play Yard open 9:30 3:30</b> 	30 <b>Breastfeeding Support 10-11:30</b>  closed at noon	31 <b>Play yard open 9:30 12:00</b>  ----- <b>Baby Playtime 1:30-3</b>			