

CHEBUCTO FAMILY CENTER

WHAT'S NEW IN AUGUST 2013 ?

****Registration begins on – Monday, July 29, 2013**

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

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.**

DRESS TO PLAY. Please dress your children to play. Sometimes we get messy. Sometimes we will play outside.....comfy, "everyday clothes" are best. Remember sunscreen, hats, and cool summer clothing.

"NO SCENTS MAKES SENSE". Please refrain from wearing scented products when visiting our center. Many people are sensitive.

**"Spring Preschool Class Reunion".
Wednesday, Aug. 28 9:30-11:30.
Jane will contact all families with the details.**

PARENT MASSAGE. Monday, August 12, 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.*

**"BABY PLAYTIME" -coming again in September.
every Wednesday 1:30 -3 pm**

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. **This drop-in program will be back in September.**

**Back to School Lunch Ideas
Wednesday, Aug 14 9:30-11:30**

Join Kira and Nicole for a morning of sharing recipes and ideas for healthy, affordable school lunches and snacks. Childcare and meal preparation spaces are limited. **Call to register. Preference will be given to parents with children in elementary school.**

SLEEPYHEADS BRUNCH Fri., Aug 16 10:30-12

Families are invited to join the staff for a buffet-style brunch. Weather permitting, we can eat outside. If not, we'll set up tables inside. Casual style – pj's are ok. Assorted menu.

Please call Ginny or Andrea to register. 479-3031 ext 302

**Dingle Discovery Walk Monday, Aug 19th
10-11:30**

(replacing Family drop-in for this week) Join Trena for a fun morning exploring the "Dingle". Wear comfortable old clothes and walking shoes / sneakers. Remember sunscreen, hats, and water. Strollers for younger ones.

DAL LEGAL AID CLINIC Thur., Aug 22 1-3pm

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.

Thurs. am Summer Family Fitness Schedule

Aug.1 Meet at CFC and walk with us to the Urban Farm Museum. Leaving CFC at 10 am. All ages. (weather permitting). Strollers for younger ones, please.

Aug 8. Meet us at Spryfield Bowlarama at 10am. We have reserved 2 "bumper" lanes. No childcare provided. Best suited for ages preschool and over. Parents must accompany children. We'll pick up the tab.

Aug 15. Meet us at William's Lake beach for a swim. We can hold your infants while you swim. All ages. (weather permitting)

Aug 22 & 29. Come to our fenced in play yard and have fun playing with your children in a safe and stimulating area. PLEASE NOTE. No staff will lead this. It is an opportunity for parents and children to connect & interact with each other for family fun & fitness. Toys, equipment & snack provided. All ages. (weather permitting)

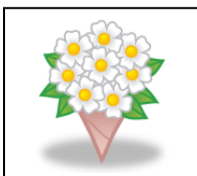
Please call to register for all fitness programs.

FREE swim at the Captain William Spry Pool each Wednesday in August from 11:30am-1:00pm. Drop-in for the "Parent and Tot" swim for children ages 4 months to 4 years.(not yet in school) 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, Wednesday, Thursday & Friday 9-4 and Tuesday 9-12 noon.

Evenings are for scheduled events ONLY.



Many THANKS to Meaghan & Courtney for facilitating July's Craft Corner morning, and to Jenn & Sylvia for their volunteer service providing childcare. We wish Meaghan a Happy August break as she prepares to return to her studies in the fall.

AUGUST 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

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 Townsend–Program Support Ext. 307
Meghan Hall – summer student
Jennifer Danh – volunteer
Sylvia Sullivan – volunteer

Programs and Services Offered








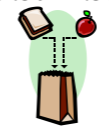









- Infant Massage
- Breastfeeding Support
- Volunteer Doula Support & training
- Enhanced Community Home Visitor
- Support to new moms and their infants
- Prenatal Program
- Parenting Programs and Education
- Family Support and Counselling
- Family Fitness

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

www.HomeOfTheGuardianAngel.ca

To register for programs, please call:

479-3031 ext. 302.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Walk & Picnic@ Urban Farm Museum 10-12  Infant Massage 1:15-2:30pm	2  play yard open 9:30-3:30	3
4	5 CLOSED for Natal Day 	6 Breastfeeding Support 10-11:30 closed at noon	7  play yard open 9:30 -3:30	8 Family Bowling @”Bowlarama” 10-11:30  Infant Massage 1:15-2:30pm	9  play yard open 9:30-3:30	10
11	12 Family Drop In 10 -11:30 Parent Massage 10-1  Play yard open 1-3	13 Breastfeeding Support 10-11:30 closed at noon “Evening in the Garden” <i>Urban Farm Museum, Spryfield</i>	14 “Back to school” Lunch Ideas 9:30-11:30 	15 Family Swim @ Williams Lake 10-11:30  Infant Massage 1:15-2:30pm	16 Sleepy Heads Brunch 10:30-12 	17
18	19 Dingle Discovery Walk 10-11:30  play yard open 1-3	20 Breastfeeding Support 10-11:30 closed at noon	21  play yard open 9:30-3:30	22 Family fitness 10-11:30  Dal Law Clinic 1-3 Infant Massage 1:15-2:30	23  play yard open 9:30-3:30	24
25	26 Registration for September Family Drop-In 10-11:30  play yard open 1-3	27 Breastfeeding Support 10-11:30 closed at noon	28 “Spring Preschool Class Reunion” 9:30-11:30  play yard open 9:30-3:30	29 Family fitness 10-11:30  Infant Massage 1:15-2:30	30 play yard CLOSED for clean-up	31\