

**\*\*Registration begins on Monday, November 25, 2013**

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

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

**\*PROGRAM TIMES\***

Program times 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 has enough time to prepare and clean up.

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

**Bazaar & Social** - Children join us in the play room for seasonal activities, while parents join Ginny and friends in the program room for a "shopping spree". Stocking stuffers and gifts available to buy from .50 to \$5.00. Cash only, please. In the spirit of fairness, each family will have purchasing power based on the size of their family. Parents can also make gift tags/ cards and a seasonal craft. **Please call to register**

**"BABY PLAYTIME"**  
**Wednesdays 1:00 -2:30pm**

Bring your baby to play in the playroom. Join us for some social playtime in a safe, stimulating environment. This interactive program is for parents and babies; newborn to 12months old. This program will break for December and start up again in the New Year

**Thursday Morning Fitness 10-11:30**

Will start up again in the New Year  
Registration required. Limited childcare spaces.

**Advent Sprial** - The Advent Spiral is a peaceful way to celebrate the coming of the light into the world, which is the essence of Christmas as well as the winter celebration of other faiths too. It gives us a chance to reflect in quietness and to put the commercialism of the season aside. This special event is designed for families with children who are old enough to sit quietly through the candle lighting ceremony, usually preschool age or older, or infants. Please call ahead to register.

Community Drop-In. every Monday 10-11:30. Come down to the playroom to visit with each other and get to know our staff. Refreshments provided. All welcome. Please note – no drop-in on Dec 23<sup>rd</sup>.

**STORMY WEATHER** please remember, if HRM schools are closed **due to weather**, so are we!

**"Christmas" Spry Café**

Wednesday, December 11. 5:30-6:30. Families in our local community are welcome to join us for an early Christmas supper. Please call to register. Seating is limited.

*This month's café is sponsored by a local group of girlfriends as their annual "CHICKMAS" project.*

**ROCK n' RHYME- Mondays @ 9:30am**

This is a 6 week parent & baby interactive program. Watch for a new group starting in January.

**COMMUNITY KITCHEN** "Holiday Baking"

Tuesday, Dec. 10th

Join Kira and Andrea in the kitchen to make some holiday treats, taste test and take some home.

**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 Dal Law Clinic on Dec. 12 at the Chebucto Family Center.** Call 479-3031 Ext. 302, to book a free, private appointment

**Busy Morning-** Bring your children **aged 3-5 years** for a fun filled morning of activities. This is just for kids, so parents take this opportunity to finish up holiday preparations or take a well deserved break. Limited space, please call to register

**NEW!! P.Y.O.** (Play Yard Open) Need a safe place to play with your child? Community members are invited to use our outside playspace during times designated on the monthly calendar. Parental

**WOW-E Focus Group Monday De. 3<sup>rd</sup> 1-2:30pm**

Do you have a preschool child (3-5)? We want to know what struggles you face and what would help you support your child's and own emotional health... Join Kira and Nicole for an informal sharing that will help us develop a new program WOW-E: Wee Ones of Wonder-Evolving, building on some of the concepts from our women's program WOW.

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

We are open to the community – Tuesday, Wednesday, Thursday & Friday 9-4 and Monday 9-12 noon. Pop in during those hours to use our Tradin' Cupboard, our Clothing Cupboard, or just for a coffee and a chat.

**DECEMBER 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





**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  
 Jessie Harrold - Doula Program Ext. 305  
 Jane Hall –Family Day Home Coordinator Ext.310  
 Kira Kelly - Parenting Counsellor Ext. 311  
 Trena S. Gallant - Prenatal /Postnatal Ext.312  
 Andrea Townsend–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 & postnatal education & support
- Parenting Programs and Education
- Family Support
- Community fitness classes
- Practical support –basic family and personal needs

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 Rock & Rhyme Wk 3 9:30 - 11 Community Drop In 9:30 -11:00 <b>CLOSED AT NOON</b> Incredible Years-wk 10 6:30-8:30	3 Toddler IY Wk 10 9:30-11:30 Breastfeeding support 10-11:30 PYO 9:30-12:30 WOW – E FOCUS GROUP 1-2:30	4 Busy Morning 9:30-11:30	5 Christmas Bazaar & Social 10 – 11:30 Infant Massage 1:15-2:30pm PYO 12-3:30	6 Family Photos 1-4 	7
8	9 Rock & Rhyme Wk 4 9:30 - 11 Community Drop In 9:30 -11:00 <b>CLOSED AT NOON</b> Incredible Years-wk11 6:30-8:30	10 Holiday Baking 9:30-11:30 Breastfeeding Support 10-11:30 PYO 9:30-12:30	11  Christmas Spry Café 5:30	12 Busy Morning 9:30-11:30 Infant massage 1:15-2:30pm	13 <b>CLOSED FOR STAFF DEVELOPMENT</b>	14
15	16 Rock & Rhyme Wk 5 9:30-11:00 Community Drop-in 9:30-11:00 <b>CLOSED AT NOON</b> Incredible Years –wk12 6:30-8:30	17 Breastfeeding Support 10-11:30 PYO 9:30-11:30 Advent Spiral  6:30 – 7:30	18 Community Supper At St. Michaels –call Jane to register	19	20 PYO 12 – 3:30	21
22	23 <b>CLOSED AT NOON</b>	24 <b>CLOSED AT NOON FOR THE HOLIDAYS</b>	25 Merry Christmas 	26 closed	27 closed	28
29	30 closed	31 New Years Eve closed	NEW YEARS DAY	CENTRE RE-OPENS ON January 2		