

****Registration begins on Monday April 28****

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

Community drop-in, Breastfeeding Support, Infant Massage & Baby Playtime are all 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.

Zumba

Thursdays - May 8th and 29th

Our Zumba classes are so well received that we have doubled up on the classes!

We now have a 9:30 class and a 10:45 class.

Pre-registration is required.

Childcare spots are limited.

Spry Café

Wednesday, May 14, 5:30-6:30pm.

Families in our local community are welcome to join us for supper.

Please call to register. Seating is limited.

Thank you to Armbrae Academy for sponsoring April's dinner.

BABY PLAYTIME

Wednesdays 1:30 -3:00pm

Bring your baby to play! Join us for some social playtime in a safe, stimulating environment. This interactive program is for parents and babies; newborn to 12months. **This is a drop-in program; no registration is required.**

Mother's Day Celebration

Let our staff watch your children while you enjoy a little pampering and a few treats!

May 12th @ 1-3pm

Parenting Workshop w/ Crystal
May 20, 1-3pm

This workshop will look at the dynamic relationships between caregivers and children as well as peer (infant to infant) relationships, when to let go and let baby make new friends, how to deal with separation anxiety, and dealing with the building blocks of learning to bond. Come join us for an interactive learning experience

Pre-registration required – limited childcare space

Forgiveness Workshop w/Social Work student, Courtney
May 6th 1-3pm

Holding a grudge is letting someone live rent free in your head. If you want to begin or continue the process of letting go and moving forward please join us for a workshop on forgiveness

Pre-registration required. Childcare space is limited

WOW- (Women of Wonder)

Wednesday May 14 – 1-3pm

and then Tuesdays, May 20 - June 24 @ 9:30-11:30am

A 7-week program that will help guide you to discover your inner strengths. Come build your self care 'tool box' with Nicole, Crystal and fellow women.

Registration Required – limited child care space

DAL LEGAL AID CLINIC – May 29

Are you having a "legal issue"? Not sure what rights you have? Not sure what to do?

Call 479-3031 Ext. 302, to book a free, private appointment with Susan Young from Dal Legal Aid.

Yoga with Nicole - May 1st and 22nd – 10 am

Join Nicole to nurture both your body and your mind. She will guide and assist you to a place of stillness and strength.

Call to register. Childcare spaces are limited.

Reiki with Nicole

Monday May 26

Call to book if you are interested in a treatment.

We welcome some new additions to our team!

Crystal John
Parenting Educator

Courtney Spencer
Social Work Student

Meagan Deveau
J.L. Ilsley Student

We are celebrating our love of reading in Spryfield with the **6th Annual FREE Spryfield Book Bonanza!**

Saturday May 3rd 10am-1pm

All are welcome to join us for fun and games, and an opportunity to create your own book. There will be oodles of FREE books for both adults and children!

Tickets are now on sale for our spring fundraiser!!

Comedy for Community; a Night of Punchlines for Proceeds will take place on May 15, 2014

Check out www.bellaroseartscentre.com for more information and tickets.

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

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

May 2014
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. 313
 Theresa Banks-Rex - Home Visitor Ext.304
 Ginny Hennigar - Playroom Facilitator Ext.306
 Jessie Harrold - Doula Program Ext. 305
 Jane Hall - Family Day Home Coordinator Ext.310
 Crystal John - Parenting Educator Ext. 311
 Trena S. Gallant - Prenatal /Postnatal Ext.312
 Andrea Townsend - Centre Coordinator Ext 302

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

To register for programs, please call: 479-3031 ext. 302

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Yoga 10:00-11:30 Infant massage 1:15-2:30	2 Pre-school 9:30-11:30	3 BOOK BONANZA 10-1 
4	5 Community Drop-in 9:30 -11:00 CLOSED AT NOON Incredible Years – Week 7	6 Breastfeeding Support 10-11:30 Forgiveness Workshop 1-3 Pre-natal Wk 4 6:30-8:30	7 Pre-school 9:30-11:30 Baby Playtime 1:30-3:00	8 Zumba 10:00-11:30 Infant massage 1:15-2:30pm	9 Pre-school 9:30-11:30	10
11	12 Community Drop-in 9:30-11:00 Mother's Day Celebration 1-3 Incredible Years – Week 8	13 Breastfeeding Support 10-11:30 Pre-natal Wk 5 6:30-8:30	14 Pre-school 9:30-11:30 WOW 1-3 Spry Café 5:30-6:30	15 FUNDRAISER DAY NO PROGRAMS	16 CENTRE CLOSED	17
18	19 VICTORIA DAY CENTRE CLOSED	20 WOW 9:30-11:30 Breastfeeding Support 10-11:30 Parenting Workshop 1-3 Pre-natal Wk 6 6:30-8:30	21 Pre-school 9:30-11:30 Baby Playtime 1:30-3:00	22 Yoga 10:00-11:30 Infant massage 1:15-2:30	23 Pre-school 9:30-11:30	24
25	26 Reiki 9:30-12:00 Community Drop-In 9:30-11:00 CLOSED AT NOON Incredible Years – Week 9	27 WOW 9:30-11:30 Breastfeeding Support 10-11:30 Pre-natal Wk 7 6:30-8:30	28 Pre-school 9:30-11:30 Baby Playtime 1:30-3:00 Doula In-Service 6-8:30	29 Zumba 10:00-11:30 Doula Steering Committee 12-1pm Dal Legal Aid 1-3	30 CENTRE CLOSED	31