

**\*\*Registration begins on Friday August 1\*\***

**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 start 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 – August 14 and 28

**We have a 9:30 class and a 10:45 class**

Pre-registration is required.

Childcare spots are limited.

**PLEASE STATE TIME PREFERENCE  
WHEN REGISTERING**

**Toy Making – Fri. Aug 22**

Join Theresa and Erinn in learning how to make fun and inexpensive toys and games with things from around the house! Materials will be provided, toys suitable for children 5 and under



**PLEASE NOTE**

**Registration will start at 9:30am on  
August 1 and be accepted in person or  
by phone only.**

**Play Yard Open**

Come play in our safe, fenced in play yard. Bring your own snacks or anything else you think you might need. Washroom facilities are available in the centre.

**Times are noted on calendar.**

**Infant Massage  
Thursdays @ 1:15**

Come learn quiet, gentle techniques to soothe, stimulate, bond and communicate with your baby.

This is a drop-in program

Please call ahead if you require childcare

**Girl Talk – Wednesdays, August 13 & 27**  
Come join Nicole and Crystal for some girl time and refreshments.

Pre-registration required – childcare provided

**Lunchbox Ideas**

Just in time for back to school, come join Nicole and Crystal as they help take some of the stress out of school lunch making.

**August 26, 10-11:30**

Childcare available

Registration required

**Value Village Clothing Drive**

**Saturdays, August 10 and 24**

Drop your clothes off at Value Village in Bayers Lake and tell them they are in aid of Chebucto Family Centre. They will be donating 10 cents for every pound of clothing received.

Thank you in advance for your support!

**Ice Cream Social**

Wednesday, August 6

Rain or Shine

Come by for some social time and a tasty summer treat. To be held in the play yard, but we will move inside if the weather does not cooperate.



Please call ahead to register.

**BOWLING!!**

August 12<sup>th</sup> 1-3pm

- All ages
- No childcare provided
- Registration required



**Walk and Talk**

Thursdays, August 7 & 21  
9:30am

Join different members of our staff for a walk around the neighborhood/McIntosh Run.



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

We are open to the community – Monday 9-12 and Tuesday, Wednesday, Thursday & Friday 9-4

Visit during those hours to use - Tradin' Cupboard, Clothing Cupboard, or for a coffee and a chat.


Evenings are for scheduled events ONLY.

**August 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-Family Wellness Co-ord. Ext. 313  
 Sarah Hicks – Home Visitor Ext 303  
 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  
 Erinn Baillie – Program Support  
 Megan Finlay – Summer Student

**Programs and Services Offered**

- Infant Massage
- Breastfeeding Support
- Volunteer Doula Support & training
- Community Programs
- 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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Play Yard Open 10-3	2
3	4 Natal Day <b>CENTRE CLOSED</b> 	5 Breastfeeding Support 10-11:30  Play Yard Open 10-3	6 Ice Cream Social 10:30-12  Play Yard Open 12-3	7 Walk and Talk 9:30  Infant massage 1:15-2:30	8 Play Yard Open 10-3	9
10 Value Village Clothing Drive	11 Community Drop-in 9:30-11:00  <b>CLOSED AT NOON</b>	12 Breastfeeding Support 10-11:30  Bowling 1-3	13 Girl Talk 9:30-11:30  Play Yard Open 12-3	14 Zumba 9:30 & 10:45  Infant massage 1:15-2:30	15 <b>CENTRE CLOSING AT NOON</b>	16
17	18 Community Drop-in 9:30-11:00  <b>CLOSED AT NOON</b>	19 Breastfeeding Support 10-11:30  Play Yard Open 10-3	20 <b>CENTRE CLOSED</b>	21 Walk and Talk 9:30  Infant massage 1:15-2:30	22 Toy Making 10-11:30  Play Yard Open 12-3	23
24/31 Value Village Clothing Drive (24 <sup>th</sup> )	25 Community Drop-In 9:30-11:00  <b>CLOSED AT NOON</b>	26 Breastfeeding Support 10-11:30 Lunchbox Ideas 10-11:30 Play Yard Open 12-3	27 Girl Talk 9:30-11:30  Play Yard Open 12-3	28 Zumba 9:30 & 10:45  Infant massage 1:15-2:30	29 Play Yard Open 10-3	30

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