

****Registration begins on Friday May 29th****

Please call or come in to register for programs @ 902-479-3031 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**.

OUTDOOR COMMUNITY ZUMBA CLASS!!!

Saturday June 6 @ 10am

As part of 100in1, a festival celebrating community engagement that will have over 100 community events taking place on the same day.

No registration is required. Bring your own water.

We hope to see you all there!!

Go to <https://halifax.100in1day.ca> to check out the other events taking place that day!

Spry Cafe – June 10, 5:30-6:30

Families in our local community are welcome to join us for supper. Please call to register. Seating is limited. Registration required.

Installing a new car seat and looking for assistance?

Have a car seat installed and want to have it double checked by a technician?

Our team of car seat techs will be putting on a clinic.....

Wednesday June 24th – 1-3pm

Please call ahead to book a time.

Girl Talk – June 3rd and 17th - 9:30-11:30

Come join Kira and Andrea for some girl time and refreshments.

Pre-registration required – childcare provided

First Aid/CPR Training

Tuesday, June 16th 9-4

---18 spots; the first 8 will be fully certified (cost covered by the centre) for those that require certification for employment/education.

---- The remaining 10 spots are for receiving the information only.

----We will provide snacks and lunch.

---- Pre-registration is required.

----Childcare is not provided.

Childcare for ‘Making the Most of Your Food Dollar’ series.

June 2, 9 and 16

9-12 (the program runs 9:30-11:30)

This should allow enough time to get between the centre and CCHT office.

Pre-registration is required.

Dad and Me

Tuesdays, June 2 and 16 @ 5:30-7:30

This fun and relaxed program is open to all male caregivers, and supper will be provided!

Pre-registration is required so we can prepare the meal.

Budgeting 101

Tuesday, June 9 @ 9:30-11:30

Ever wonder where all your money goes?
Are you stretching at times to make ends meet?

Come talk budgeting and how to make that dollar last with Jennifer from Credit Counseling Services of Atlantic Canada Inc.

Pre-registration required

Limited childcare available

Walk at McIntosh

Run

June 23rd

Join us for our first community walk of the summer!

We will meet at the centre for 10am and leave together.

Please pre-register

Join Nicole and Kira for "Tea and Talk"!

Share some delicious food and refreshments while you tell us your thoughts about what you would like to see happening at the Centre in the future. Your input is invaluable and we are ready to listen! Thank you for your support!

June 24, 9:30-11:30

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.

June 2015
Chebucto Family Center
 A service of the Home of the Guardian Angel
3 Sylvia Ave, Halifax NS B3R 1J7
Email: info@hgahfx.ca
Phone: 902-479-3031 Fax: 902-492-4547

Staff

Tammy Turple - Executive Director Ext. 309
 Deborah Hutchinson - Office Administrator Ext. 301
 Nicole Clarke-Family Wellness Co-ordinator Ext. 313
 Sarah Hicks – Home Visitor Ext. 303
 Theresa Banks-Rex - Home Visitor Ext. 304
 Ginny Hennigar – Playroom Facilitator Ext. 306
 Erin Fair-Vol. Doula Program Co-ordinator Ext. 305
 Erinn Baillie – VDP Assistant Ext 307
 Jane Hall –Family Day Home Coordinator Ext. 310
 Kira Kelly - Parenting Educator Ext. 311
 Trena Slaunwhite-Gallant - Prenatal/Postnatal Ext. 312
 Andrea Townsend – Centre Coordinator Ext. 302
 Erinn Baillie – Program Support Ext. 314
 Megan Finlay – Program Support (Part time) Ext 314

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

For more information on our programs and services, visit our website at www.HomeOfTheGuardianAngel.ca

To register for programs, please call: 902-479-3031 ext. 302

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Rock and Rhyme 9:30 Community Drop-in 9:30-11:00	2 Dad & Me 5:30-7:30 Prenatal (2 of 6) 6:30-8:30	3 Preschool 9:30-11:30 Girl Talk 9:30-11:30	4 Zumba 9:30 & 10:45 Infant Massage 1:15	5 Preschool 9:30-11:30	6 Outdoor Community Zumba 10am @ Lynett Park
7	8 Rock and Rhyme 9:30 Reiki 9:30-12 Community Drop-in 9:30-11:00 CLOSED AT NOON	9 Budgeting 101 9:30-11:30 Prenatal (3 of 6) 6:30-8:30	10 Preschool 9:30-11:30 Spry Cafe 5:30	11 Yoga 9:30 & 10:45 Infant Massage 1:15	12 Preschool 9:30-11:30	13 
14	15 Rock and Rhyme 9:30 Community Drop-in 9:30-11:00 CLOSED AT NOON	16 First Aid Training 9-4 Dad & Me 5:30-7:30 Prenatal (4 of 6) 6:30-8:30	17 Preschool 9:30-11:30 Girl Talk 9:30-11:30 Board Meeting 6:30	18 Zumba 9:30 and 10:45 Infant massage 1:15 Dal Legal Aid 1-3	19 Last day of Preschool 9:30-11:30 	20
21 	22 Reiki 9:30-12 Community Drop-in 9:30-11:00 CLOSED AT NOON	23 Community Walk 10am Prenatal (5 of 6) 6:30-8:30	24 Tea and Talk 9:30-11:30 Car Seat Clinic 1-3	25 Zumba 9:30 and 10:45 Infant massage 1:15 Doula Steering Committee 12-1	26 Closed at noon for training. Youth Night 6-8pm	27
28	29 Community Drop-in 9:30-11:00 CLOSED AT NOON	30 LAST DAY OF SCHOOL!! Community Kitchen 9:30-11:30 Prenatal (6 of 6) 6:30-8:30				