

****Registration begins on Friday May 1st ****

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**.

Rock and Rhyme

Our continually popular sing along group has a new session starting on May 25th. It takes place on Monday mornings at 9:30. **Please call to register as space is limited.**

Spry Cafe – May 13, 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.

Youth Night- Friday May 29, 6-8pm

For youth in grade 6 and up.
No need to register, just drop in.
Join Erinn and Sarah for snacks and some fun activities!

Reiki is a peaceful and calming healing art that is suitable for any and all. There is no massaging or manipulation of tissues or joints. Treatments are 30 minutes in length and clients are fully clothed; so wear your comfies. Reiki is not founded in religion, so it honors all beliefs. For more information on reiki; please contact Nicole Clarke at nicole@hgahfx.ca
Appointments available every second Monday @

9:30, 10:15 and 11:00

April dates are the 13th and 27th

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.

Girl Talk – May 6th and 20th - 9:30-11:30

Come join Kira and Andrea for some girl time and refreshments.
Pre-registration required – childcare provided

Prenatal Classes with Trena
6 weeks, Starting May 26

This series will cover everything you need to know about healthy pregnancies, birth and the postpartum period. Including infant care and feeding.
Tuesday evenings 6:30-8:30
Please call to register @ 902-479-3031 Ext 312

Mother’s Day Celebration

Monday, May 11 9:30-11:30
Robin will be doing 15 min Reiki sessions, as well as some other special treats and surprises.
Please pre-register
Childcare is available

Comedy for Community

Join us and comedians James Uloth and Steve Mazan for a night of laughs, wine, snacks and a silent auction.

Bella Rose Arts Centre

May 7th @ 7pm

\$30/person

Tickets available @ the centre or bellaroseartscentre.com

Community Kitchen

May 26

9:30-11:30

Come cook a healthy and economical meal, and take enough home to feed your family that night!

Pre-registration required

Childcare space available

Fitness Thursdays

Yoga – May 28

Zumba – May 14 and 21

Open to all ages and Fitness levels

Pre-registration is required

Limited child care spots available

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.

May 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
 Whitney Cruikshank – 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)

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	2
3	4 Rock and Rhyme (5 of 5) 9:30 Community Drop-in 9:30-11:00	5 Parenting Toddlers – Wk 4 9:30-11:30 Prenatal (4 of 6) 6:30-8:30	6 Preschool 9:30-11:30 Girl Talk 9:30-11:30	7 NO PROGRAMS TODAY Comedy for Community Bella Rose Arts Centre 7pm	8 CENTRE CLOSED	9
10 	11 Mother's Day Celebration 9:30-11:30 CLOSED AT NOON	12 Parenting Toddlers – Wk 5 9:30-11:30 Mom and Baby Drop-in 10-11:30 Prenatal (5 of 6) 6:30-8:30	13 Preschool 9:30-11:30 Spry Cafe 5:30	14 Zumba 9:30 and 10:45 Infant massage 1:15	15 Preschool 9:30-11:30	16
17 	18 VICTORIA DAY CENTRE CLOSED	19 Parenting Toddlers – Wk 6 9:30-11:30 Prenatal (6 of 6) 6:30-8:30	20 Preschool 9:30-11:30 Girl Talk 9:30-11:30 Board Meeting 6:30	21 Zumba 9:30 and 10:45 Infant massage 1:15	22 Preschool 9:30-11:30	23
24/31	25 Rock and Rhyme (1 of 4) Reiki 9:30-12 Community Drop-in 9:30-11:00 CLOSED AT NOON	26 Community Kitchen 9:30-11:30 Mom and Baby Drop-in 10-11:30 Prenatal (1 of 6) 6:30-8:30	27 Preschool 9:30-11:30 Doula In-Service 6-8pm	28 Yoga 9:30 and 10:45 Doula Steering Committee 12-1 Infant massage 1:15	29 Preschool 9:30-11:30 Youth Night 6-8pm	30