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Volunteer Doula Program celebrates 20 years!

On July 6, 2016 at the IWK, we celebrated 20 years of the VDP with our friends and partners at the IWK Health Centre.

Program founder Hilary Marentette spoke about the humble beginnings, before being presented with CTV News at 5: Maritimer of the Week. Program Coordinator Erin Fair spoke about the ups and downs of the program, and two moms shared their birthing experience and the benefits of having a volunteer doula by their side.

Thank you to everyone who has supported the Volunteer Doula Program, all of the doulas, and all of the families who allowed us to be a part of their birthing experience. We look forward to serving many more families!



What is a doula? A doula is someone who provides emotional support, physical comfort support and practical information to women and their families.

Why have a doula? Studies have found that births tend to be shorter and with fewer complications, reduces negative feelings about birthing experience, reduces the need for medical interventions, as well as reduces requests for epidurals and pain medications.

For more information on the Volunteer Doula Program: www.HomeOfTheGuardianAngel.ca/volunteer-doula-program

Community Craft Market



November 19, 2016 10 am - 2 pm

Chebucto Family Centre, 3 Sylvia Ave

Admission: Food item or cash donation



Good Food First Club

Getting experience in the kitchen and gaining knowledge about food was the aim for the Good Food First Club this summer.

The group of youth met for four weeks. Each week they explored different types of foods, tried new vegetables, and cooked.



Toonies for Change



It all starts with a toonie! Chebucto Family Centre is pleased to be one of the recipients of Rotary Club of Halifax Northwest's Toonies for Change.

Each week play your toonie at participating vendors for a chance to win 50% of the jackpot. The remaining money is divided between local charities and the Rotary Club.

With 20 supporting vendors, what are you waiting for? Play your toonie each week for the chance to win! www.tooniesforchange.com

Rae's Awareness

On November 17, 2016, Leah Parson's of the Rehteah Parson's Society will be joining us for a conversation on the consequences of sexual assault, "victim blaming" and bullying. We hope you'll join us. More details coming soon!

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Chebucto Family Centre



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