

**** Registration starts December 3rd @ 9:30am ****

Please call or come in to register @ 902-479-3031 ext. 302

Join us for a coffee **10am-12noon** every weekday morning.

The Clothing Cupboard and Trading Cupboard are also available at this time.

Parent & Baby Drop-in

--Tuesdays @ 1:15pm

--Great for babies 0-18mos

**We now have a Public Health Nurse
joining us on the 2nd and 4th
Tuesdays of the month.**

Call Andrea at the centre if you have
any questions.

Candlelit Spiral and Carols December 18th @ 6:30pm

This event is an opportunity to come
together for peaceful reflection and to put
the commercialism of the season aside.
*Open to all; children should be able to sit
quietly through the candle lighting
ceremony.*

Please pre-register

***As winter approaches we would like to
remind you that if schools in the area are
closed, due to inclement weather, we are
also closed for the day and all programs are
cancelled.***

Holiday Luncheon and Social

*Wednesday, December 19th
11:30am*

**Join us for a relaxed lunch and some
goodies before the holiday break.**

Zumba with Liz

December 6th

Get moving in this Latin dance inspired
fitness class.

Yoga with Tracy

December 13th

**Pre-registration required
Limited childcare spots available**

Messy Mondays!

Be ready for messy play during the
first Family Playgroup of every
month!

This is a drop-in program.

Dress for mess.

Craft and Chat

Friday December 7th @ 10am

Come make ornaments and help us decorate our
tree.

Please pre-register

Limited number of childcare spaces available

Chase the Ace

Thursday evenings, 6-8pm
at Freeman's in Fairview,
3671 Dutch Village Road
Come on out and support the centre
and maybe win some money!!
The jackpot is over \$1600!

Holiday Baking

Tuesday, December 4th, 9:30-11:30am

Please pre-register

Limited number of childcare spaces available

Produce Packs

Stop by to order your \$10 pack of fresh
produce every second Wednesday,
between 4pm and 6pm.

Order date

November 21

December 5

December 19

Pick-up Date

December 5

December 19

January 16

Please call if you cannot attend a program,

as many of our programs have waitlists.

We will be closed Tues-Fri from 12:30-1:00pm for lunch.

We close Mondays at noon for afternoon meetings.

December 2018

Chebucto Family Centre
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
 Tara Billard – Office Administrator Ext. 301
 Andrea Townsend – Centre Coordinator Ext. 302
 Nicole Clarke-Family Wellness Co-ordinator Ext. 313
 Sabah Randell – Parenting Educator Ext. 311
 Krista Greencorn – Home Visitor Ext. 304
 Haley Heist – Home Visitor Ext. 315
 Taylor Gear – Playroom Facilitator Ext. 306
 Erin Fair-Vol. Doula Program Director Ext. 305
 Erinn Baillie – Youth & Community Outreach Ext 308
 Whitney Cruikshank –Vol. Doula Co-ordinator Ext 307
 Jane Hall –Family Day Home Coordinator Ext. 310
 Ginny Hennigar –Day Home Consultant Ext. 303
 Sharelyn Stone – Pre/Post Natal Ext 312
 Stevie Fort – Program Support 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 visit our website
HomeOfTheGuardianAngel.ca

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 Registration Day (starts at 9:30am) Family Playgroup (Messy Monday) 9:30-11:00am	4 Holiday Baking 9:30-11:30am Parent and Baby Drop-in 1:15pm	5 Handle with Care 9:30-11:30am Produce Packs Order/Pick-up	6 Zumba 10am Infant Massage 1:15pm	7 Craft and Chat 10am	8
9	10 Family Playgroup 9:30-11:00am CLOSED AT NOON	11 Parent and Baby Drop-in (Public Health) 1:15pm	12 Handle with Care 9:30-11:30am Spry Cafe 5:30pm	13 Yoga 10am Infant Massage 1:15pm	14 CENTRE CLOSED	15
16	17 Family Playgroup 9:30-11:00am CLOSED AT NOON	18 Parent and Baby Drop-in 1:15pm Candlelit Spiral and Carols 6:30pm	19 Holiday Luncheon and Social 11:30am Produce Packs Order/Pick-up	20 Infant Massage 1:15pm	21	22
23	24 	The centre is closed from December 24 th up to and including January 2 nd We re-open January 3 rd Returning to regular programming the week of January 7 th We wish you all joy and comfort this holiday season.			28 	29
30	31 	1 	2 	3 	4 	5

