

**\*\* Registration starts February 4<sup>th</sup> @ 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 2<sup>nd</sup> and 4<sup>th</sup>  
Tuesdays of the month.**

Call Andrea at the centre if you have  
any questions.

**We will be closed on Monday, February  
18<sup>th</sup> in honour of Heritage Day.**

**This year's honouree is Maud Lewis.**

A world famous folk artist, Maud Lewis didn't let her  
rheumatoid arthritis stop her. She painted scenes that  
evoke feelings of innocence and child-like exuberance  
that is as enduring as the spring times she loved to  
paint. In 1996 her entire house was installed in the Art  
Gallery of Nova Scotia.

## **Spry Café**

Wednesday, February 13<sup>th</sup> @ 5:30pm

*Join us for a free community meal*

**Please pre-register**

## **Basic Shelf**

We had a huge response to this  
program. Although this session is full,  
please keep an eye out for upcoming  
sessions. We hope to be able to offer  
it to everyone interested.

## ***Basic Needs Program***

Out of food and still have to wait for payday or  
your food bank day?

Need diapers? In need of basic hygiene  
supplies?

We can help fill those gaps!

Our basic needs program is available for you to  
access up to once a week.

For more information, call Andrea at  
(902) 479-3031 Ext 302

## **Craft and Chat**

*Tuesday, February 26th*

*9:30-11:30am*

**Please pre-register**

**Limited childcare available**

## **Community Kitchen**

Wednesday, February 5<sup>th</sup>, 9:30-11:30am

Please pre-register

Limited number of childcare spaces available

## **Zumba with Liz**

*February 7<sup>th</sup> and 21<sup>st</sup>*

Get moving in this Latin dance inspired  
fitness class.

## **Yoga with Tracy**

*February 14<sup>th</sup> and 28<sup>th</sup>*

**Pre-registration required**

**Limited childcare spots available**

## **Produce Packs**

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

**Order date**

January 30

February 13

February 27

**Pick-up Date**

February 13

February 27

March 13

**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.

## February 2019

**Chebucto Family Centre**  
**3 Sylvia Ave, Halifax NS B3R 1J7**  
**Email: [info@hgahfx.ca](mailto: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](http://HomeOfTheGuardianAngel.ca)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 <b>REGISTRATION</b> 9:30am Family Playgroup (Messy Monday) 9:30-11:00am <b>CLOSED AT NOON</b> Incredible Years 6:30-8:30pm	5 Community Kitchen 9:30-11:30am Parent and Baby Drop-in 1:15pm Prenatal Class 6:30-8:30pm	6 Basic Shelf 9:30-11:30am	7 Zumba 10am Infant Massage 1:15pm	8	9
10	11 Family Playgroup 9:30-11:00am <b>CLOSED AT NOON</b> Incredible Years 6:30-8:30pm	12 Parent and Baby Drop-in(Public Health) 1:15pm Prenatal Class 6:30-8:30pm	13 Basic Shelf 9:30-11:30am  Spry Cafe 5:30pm Produce Packs Order/Pick-up	14 Yoga 10am Infant Massage 1:15pm	15	16
17	18 Heritage Day <b>CENTRE CLOSED</b> 	19 Parent and Baby Drop-in 1:15pm Prenatal Class 6:30-8:30pm	20 Basic Shelf 9:30-11:30am	21 Zumba 10am Infant Massage 1:15pm	22	23
24	25 Family Playgroup 9:30-11:00am <b>CLOSED AT NOON</b> Incredible Years 6:30-8:30pm	26 Craft and Chat 9:30-11:30am Parent and Baby Drop-in(Public Health) 1:15pm Prenatal Class 6:30-8:30pm	27 Basic Shelf 9:30-11:30am  Produce Packs Order/Pick-up	28 Yoga 10am Infant Massage 1:15pm		