

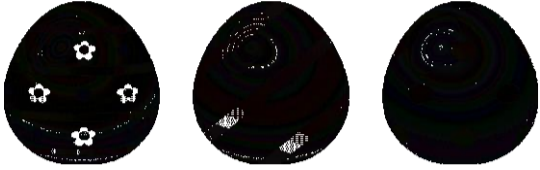
**** Registration starts April 1st @ 9:30am ****

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.

A reminder that, in recognition of the Easter holiday, we will be closed on Good Friday and Easter Monday, April 19th and 22nd.



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.

***We would like to remind you that if schools in the area are closed, due to inclement weather, or school busses are not running, we are also closed for the day and all programs are cancelled. ***

Welcome Sacha!

Sabah will be leaving temporarily and in her place we welcome Sacha, who will be filling in for her. She is a great addition to our team.

Zumba with Liz

April 4th and 18th

Get moving in this Latin dance inspired fitness class.

Yoga with Sacha/Tracy

April 11th and 25th

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

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

Spry Café

Wednesday, April 10th @ 5:30pm

Join us for a free community meal

Please pre-register

There is still income tax appointments left in April.

Call Andrea at 902-479-3031 Ext 302 if you would like to book a time to have your taxes done.

Intro to Take Charge of Your Stress Wednesday, April 24th, 1:30-3:30pm

Understand and explore a variety of stress management techniques and make a plan for how to make these strategies work in your life.

Although this program is happening here at the centre, it is being facilitated by the Community Health Team. The number to register is 902-460-4560 Ext 2, or stop by the centre and we can assist you in the process.

Limited childcare available

Thank You

Chebucto West Community Health Board for supporting our programs.

We have recently received funding to run 'Slow Cooked Dreams'.

Keep your eyes open for it on an upcoming schedule.

**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.

April 2019

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
	1 REGISTRATION 9:30am Family Playgroup (Messy Monday) 9:30-11:00am Incredible Years 6:30-8:30pm	2 Preschool 9:30-12noon Parent and Baby Drop-in 1:15pm Tax Clinic 1pm-3:45pm	3 HOPE 9:30-11:30am Preschool 1-3:30pm	4 Zumba 10am Infant Massage 1:15pm	5 Preschool 9:30-12noon Preschool 1-3:30pm	6
7	8 Family Playgroup 9:30-11:00am Vision Screening 9:30-11:00am CLOSED AT NOON Incredible Years 6:30-8:30pm	9 Preschool 9:30-12noon Parent and Baby Drop-in (Public Health) 1:15pm Tax Clinic 1pm-3:45pm	10 HOPE 9:30-11:30am Preschool 1-3:30pm Spry Cafe 5:30pm	11 Yoga 10am Infant Massage 1:15pm	12 Preschool 9:30-12noon Preschool 1-3:30pm	13
14	15 Family Playgroup 9:30-11:00am CLOSED AT NOON Incredible Years 6:30-8:30pm	16 Preschool 9:30-12noon Parent and Baby Drop-in 1:15pm Tax Clinic 1pm-3:45pm	17 HOPE 9:30-11:30am Preschool 1-3:30pm	18 Zumba 10am Infant Massage 1:15pm	19 GOOD FRIDAY CENTRE CLOSED	20
21 HAPPY EASTER	22 EASTER MONDAY CENTRE CLOSED	23 Preschool 9:30-12noon Parent and Baby Drop-in(Public Health) 1:15pm Tax Clinic 1pm-3:45pm Prenatal 6:30-8:30pm	24 HOPE 9:30-11:30am Preschool 1-3:30pm Introduction to 'Take Charge of Your Stress' 1:30-3:30pm	25 Yoga 10am Infant Massage 1:15pm	26 Preschool 9:30-12noon Preschool 1-3:30pm	27
28	29 Family Playgroup 9:30-11:00am CLOSED AT NOON Incredible Years 6:30-8:30pm	30 Preschool 9:30-12noon Parent and Baby Drop-in 1:15p Prenatal 6:30-8:30pm				