

**** Registration starts March 4th @ 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.

March Break

Tuesday, March 19th

Bowling @ Bowlarama – 1:30-3pm

Wednesday, March 20th

Breakfast – 10am

Please pre-register for both events.

***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. ***

Craft and Chat

Tuesday, March 26th

9:30-11:30am

Please pre-register

Limited childcare available

Zumba with Liz

March 7th and 21st

Get moving in this Latin dance inspired fitness class.

Yoga with Tracy

March 14th and 28th

Pre-registration required

Limited childcare spots 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.

Spry Café

Wednesday, March 13th @ 5:30pm

Join us for a free community meal

Please pre-register

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

Community Kitchen

Tuesday, March 12th, 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

February 27

March 13

March 27

Pick-up Date

March 13

March 27

April 10

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.

March 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	2
3	4 REGISTRATION 9:30am Family Playgroup (Messy Monday) 9:30-11:00am CLOSED AT NOON Incredible Years 6:30-8:30pm	5 Parent and Baby Drop-in 1:15pm Tax Clinic 1pm-3:45pm	6 Basic Shelf (Make-up session) 9:30-11:30am	7 Zumba 10am Infant Massage 1:15pm	8	9
10	11 Family Playgroup 9:30-11:00am CLOSED AT NOON Incredible Years 6:30-8:30pm	12 Community Kitchen 9:30-11:30am Parent and Baby Drop-in(Public Health) 1:15pm Tax Clinic 1pm-3:45pm	13 Spry Cafe 5:30pm Produce Packs Order/Pick-up	14 Yoga 10am Infant Massage 1:15pm	15	16
17 	18 Family Playgroup 9:30-11:00am CLOSED AT NOON	19 Parent and Baby Drop-in 1:15pm Bowling 1:30-3pm Tax Clinic 1pm-3:45pm	20 Breakfast 10am	21 Zumba 10am Infant Massage 1:15pm	22	23
24	25 Family Playgroup 9:30-11:00am CLOSED AT NOON Incredible Years 6:30-8:30pm	26 Craft and Chat 9:30-11:30am Parent and Baby Drop-in(Public Health) 1:15pm Tax Clinic 1pm-3:45pm	27 HOPE 9:30-11:30am Produce Packs Order/Pick-up	28 Yoga 10am Infant Massage 1:15pm	29 Preschool 9:30am-12noon	30