

**** Registration starts Monday, July 29th @ 9:30am ****
Please call or come in to register @ 902-479-3031 ext. 302

Coffee, Conversation & Community

We welcome community members to drop-in any weekday morning for coffee and light refreshments between 10am and 12noon.

Once again our play yard is open for public enjoyment all summer long.



All children need to be supervised by an adult

FREE BBQ LUNCH



Wednesday, August 14th and
Wednesday, August 28th

These are run on a drop-in basis, so no need to register.

Parent & Baby Drop-in will continue all summer

--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.

Zumba with Liz

August 8th and 29th

Get moving in this Latin dance inspired fitness class.

Yoga with Tracy

August 1st and 22nd

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

Ice Cream Social

Wednesday, August 21

1-2:30pm

Join us in the play yard for ice cream and fun!



Please pre-register by calling Andrea @ 902-479-3031 Ext 302

Beach Rockin' with Samantha

Friday, August 9th

10am-12noon



Come spend the morning doing some beach rock painting.

**Please pre-register
Limited childcare available**

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.

August 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
 Sacha Bremner – 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 Visitors
- Service Navigation
- Prenatal Classes & Postnatal Support
- Parenting Programs and Education
- Family Support
- Community Fitness Classes
- Basic Needs Support

For more information visit our
 website

HomeOfTheGuardianAngel.ca



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29 REGISTRATION DAY Family Playgroup 9:30-11:00am CLOSED AT NOON	30 Parent and Baby Drop-in 1:15pm	31 BBQ 12-1	1 Yoga 10am Infant Massage 1:15pm	2	3
4	5 Natal Day Centre Closed	6 Parent and Baby Drop-in 1:15pm	7 Breakfast (Rescheduled from July) 10am	8 Zumba 10am Infant Massage 1:15pm	9 Beach Rockin' With Samantha 10am-12noon	10
11	12 Family Playgroup 9:30-11:00am CLOSED AT NOON	13 Parent and Baby Drop-in 1:15pm	14 BBQ 12-1	15 No fitness or Infant Massage today	16	17
18	19 Family Playgroup 9:30-11:00am CLOSED AT NOON	20 Parent and Baby Drop-in 1:15pm	21 Ice Cream Social 1-2:30pm	22 Yoga 10am Infant Massage 1:15pm	23	24
25	26 Family Playgroup 9:30-11:00am CLOSED AT NOON	27 Parent and Baby Drop-in 1:15pm	28 BBQ 12-1	29 Zumba 10am Infant Massage 1:15pm	30	31