

**** Registration starts Monday, November 4th @ 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.

Youth Community Cupboard

Thursday evenings, 5pm-8pm

Youth are welcome to drop by the centre for access to:

Personal hygiene products; such as shampoo, soap, condoms, and menstruation products

Non-perishable food items

For more info Erinn can be reached at 902-479-3031 Ext 308

Zumba with Liz

November 7th and 21st

Get moving in this Latin dance inspired fitness class.

Yoga with Tracy

November 14th and 28th

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

PAUSE

*Mental Health Walk-in
Clinic*

-Free 45 minute
counselling sessions for
adults.

-First come, first served.

-Every Thursday
5-9pm

Chebucto Family Centre
3 Sylvia Ave

For more information:
902-420-0303 Ext 2
or 902-479-3031 Ext 302
pause@nechc.com

As the weather starts to cool, and we get closer to winter/flu season, we have a couple of reminders.

- If area **schools are closed**, or buses are not running, due to inclement weather, **we are also closed**.
- Please, if you or your child(ren) are **unwell**, take the day to **stay home and rest**. This helps to prevent the spread of illness and allows the centre to continue running at our fullest capacity.

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.

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.

November 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
 Robyn Dalesandro – Day Home Consultant Ext 303
 Samantha Cullen – Program Support Ext 314
 Sharelyn Stone – Pre/Post Natal Ext 312
 Stevie Fort – Program Support/Parenting Journey


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
					1 Play Beyond Walls 9:30am-12noon	2
3	4 Registration starts at 9:30am Family Playgroup 9:30-11:00am CLOSED AT NOON	5 Basic Shelf (2 of 5) 9:30-11:30am Parent and Baby Drop-in 1:15pm	6 Incredible Years 9:30-11:30am	7 Zumba 10am Infant Massage 1:15pm Youth Community Cupboard 5-8pm Pause 5-9pm	8 Play Beyond Walls 9:30am-12noon	9
10	11 Remembrance Day  CENTRE CLOSED	12 Basic Shelf (3 of 5) 9:30-11:30am Parent and Baby Drop-in 1:15pm	13 Incredible Years 9:30-11:30am Spry Cafe 5:30pm	14 Yoga 10am Infant Massage 1:15pm Youth Community Cupboard 5-8pm Pause 5-9pm	15 Play Beyond Walls 9:30am-12noon	16
17	18 Family Playgroup 9:30-11:00am CLOSED AT NOON	19 Basic Shelf (4 of 5) 9:30-11:30am Parent and Baby Drop-in 1:15pm	20 Incredible Years 9:30-11:30am	21 Zumba 10am Infant Massage 1:15pm Youth Community Cupboard 5-8pm Pause 5-9pm	22 Play Beyond Walls 9:30am-12noon	23
24	25 Family Playgroup 9:30-11:00am CLOSED AT NOON	26 Basic Shelf (5 of 5) 9:30-11:30am Parent and Baby Drop-in 1:15pm	27 Incredible Years 9:30-11:30am	28 Yoga 10am Infant Massage 1:15pm Youth Community Cupboard 5-8pm Pause 5-9pm	29 Play Beyond Walls 9:30am-12noon	30