



Chebucto Family Centre

July 2020

It has been a long Spring and we have sure missed everyone. Although this summer will look a bit different, we are so glad to be back offering some more programs.

Strollin' with Sharelyn

Mondays, July 13th and 27th



Pregnant or a new parent? Sharelyn, our Pre/Post Natal Support and Educator, invites you to stroll with her, starting at the centre, at 9:30am.

strollers and baby wearing are welcomed/encouraged

With support from the Chebucto West Community Health Board, we are able to offer....

Lunch 2 Go

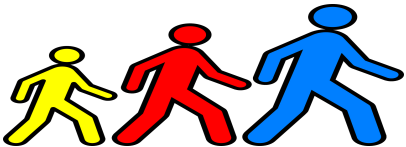


Free picnic style lunch pick-up. Wednesdays, starting July 8th, at 12noon.

No registration required

Community Walking Group

An old favorite is back! Join us Tuesdays, July 7th and 21st for a community walk. We will leave from the centre at 9:30am and walk for about an hour.



Please pre-register with Erinn at erinn@hgahfx.ca or 902-479-3031 Ext 308

Rock and Rhyme

Mondays, July 6th and 20th
9:30am
Lynett Park

This ever-popular family sing along program is moving outdoors.

Bring along a blanket and join us at Lynett Park for songs and rhymes.

We ask that you please pre-register by contacting Sharelyn at sharelyn@hgahfx.ca or 902-292-2847

When attending any of our in-person programs we ask that you.....

- Practice social distancing by keeping 6ft/2m between you and anyone outside of your own household.
- Wear a non-medical mask whenever possible and reasonable to do so.
- Use good hygiene practices such a frequent handwashing/sanitizing, coughing or sneezing in your elbow and avoid touching your face.

Please call if you cannot attend a program

Where we must limit our numbers, we will also have waitlists.

July 2020

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
 Erinn Baillie – Director of Programs Ext 308
 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
 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 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 Infant Massage 1:15pm (Virtual; please contact for Zoom link)	3	4
5	6 Rock and Rhyme 9:30am Lynett Park	7 Storytime with Taylor 9:30am (video) Community Walking Club Leaving the centre at 9:30am	8 Lunch 2 Go Starting at 12noon in the centre parking lot	9 Infant Massage 1:15pm (Virtual; please contact for Zoom link)	10	11
12	13 Strollin' with Sharelyn Leaving the centre at 9:30am	14 Storytime with Taylor 9:30am (video)	15 Lunch 2 Go Starting at 12noon in the centre parking lot	16 Infant Massage 1:15pm (Virtual; please contact for Zoom link)	17	18
19	20 Rock and Rhyme 9:30am Lynett Park	21 Storytime with Taylor 9:30am (video) Community Walking Club Leaving the centre at 9:30am	22 Lunch 2 Go Starting at 12noon in the centre parking lot	23 Infant Massage 1:15pm (Virtual; please contact for Zoom link)	24	25
26	27 Strollin' with Sharelyn Leaving the centre at 9:30am	28 Storytime with Taylor 9:30am (video)	29 Lunch 2 Go Starting at 12noon in the centre parking lot	30 Infant Massage 1:15pm (Virtual; please contact for Zoom link)	31	

