



# Chebucto Family Centre

## September 2020

The centre will remain closed to the public in September. Staff continue to be available by phone and email. Our programs will be outdoors or virtual. Please respect social distancing (6ft/2m) and wear a mask.

### **PRENATAL**



Classes will run on Tuesday evenings, 6:30-8:30pm, for 6 weeks. Classes will be hosted on Zoom.

For more information or to register, please contact Sharelyn at [sharelyn@hgahfx.ca](mailto:sharelyn@hgahfx.ca) or 902-479-3031 ext 312

With support from EfficiencyOne, Nova Scotia Power and the Province of NS, we will be offering

### **Lunch 2 Go**

again this month.



Free picnic style lunch pick-up. Wednesdays, at 12noon.

### **Basic Shelf: At Home**

Try recipes from the Basic Shelf Cookbook in your own home! Participants will receive a package containing recipes and key ingredients for different dishes chosen from the cookbook.

For more information, contact Stevie at [stevie@hgahfx.ca](mailto:stevie@hgahfx.ca) or 902-479-3031 Ext 314

### **Infant Massage is back!**

Grab some food grade oil from your kitchen and join us on Thursdays at 1:15pm for a 30 minute class from the comfort of your own home. See you there! Please contact Sharelyn at [sharelyn@hgahfx.ca](mailto:sharelyn@hgahfx.ca) for Zoom information or check out our Facebook page.

**When attending our in-person programs we ask that you please.....**

- **Stay home if you are feeling unwell**
- 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.

## September 2020

**Chebucto Family Centre**  
**3 Sylvia Ave, Halifax NS B3R 1J7**  
**Email: [info@hgahfx.ca](mailto: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 Journey Ext. 311  
 Lauren Matheson – Parenting Journey Ext. 311  
 Krista Greencom - 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  
 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](http://HomeOfTheGuardianAngel.ca)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1 <b>Storytime with Taylor</b> 9:30am (video)	2	3 <b>Infant Massage</b> 1:15pm (Zoom)	4	5
6	7 <b>Labour Day</b>  <b>No programs</b> <b>Staff unavailable</b>	8 <b>Storytime with Taylor</b> 9:30am (video)	9 <b>Lunch 2 Go</b> Starting at 12noon in the centre parking lot	10 <b>Infant Massage</b> 1:15pm (Zoom)	11	12
13	14	15 <b>Storytime with Taylor</b> 9:30am (video)  <b>Prenatal (1/6)</b> (Zoom) 6:30	16 <b>Lunch 2 Go</b> Starting at 12noon in the centre parking lot	17 <b>Infant Massage</b> 1:15pm (Zoom)  <b>Basic Shelf At Home</b> (delivery)	18	19
20	21	22 <b>Storytime with Taylor</b> 9:30am (video)  <b>Prenatal (2/6)</b> (Zoom) 6:30	23 <b>Lunch 2 Go</b> Starting at 12noon in the centre parking lot	24 <b>Infant Massage</b> 1:15pm (Zoom)  <b>Basic Shelf At Home</b> (delivery)	25	26
27	28	29 <b>Storytime with Taylor</b> 9:30am (video)  <b>Prenatal (3/6)</b> (Zoom) 6:30	30 <b>Lunch 2 Go</b> Starting at 12noon in the centre parking lot			

