



107 Albro Lake Rd, Dartmouth, NS, B3A 3Y7
 Phone: (902)464-8234 Fax: (902)464-8232
 Website: www.dartmouthfamilycentre.ca
 E-mail: info@dartmouthfamilycentre.ca

We offer:

- Programs for parents and children together
- Parenting programs and support
- Community drop-in room
- Quality childcare



Dates to Remember

November 2017



Daylight Savings Time ends on **November 5th**.

Don't forget to put your clocks back 1 hour before you go to bed.



Remembrance Day is **November 11th**. Each year there is a ceremony held at the Sullivan's Pond Cenotaph at



National Children's Day is **November 20th**. This day is dedicated to appreciating children and recognizing them as important, valued members of our community.



International Day for Violence Against Women is **November 25th**.

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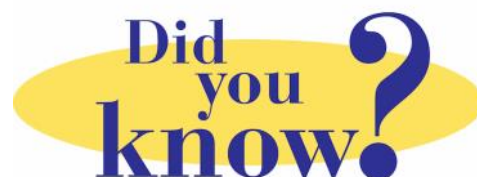
Centre Hours:
Monday to Friday
9am-4pm
Closed:
12 pm-1 pm daily
& Thursday
afternoons

Heating Assistance Rebate Program (HARP)

The **Heating Assistance Rebate Program (HARP)** helps with the cost of home heating for low-income Nova Scotians who pay for their own heat.

Rebates range from \$100 to \$200.

Apply between *October 16, 2017 and March 31, 2018*.



Are You Eligible?

To qualify for the rebate, you must pay for your own heat and meet **1 of the following criteria**:

- Have a net income of \$27,000 or less and live alone with no kids or dependents.
- Have a combined net income of \$42,000 or less and live with kids, dependents, or other adults.
- Receive income assistance from the Department of Community Services.
- Receive the Guaranteed Income Supplement or the Allowance from Service Canada.

How Do I Apply?

- To complete the application, you must have a heating bill or receipt for oil, electricity, natural gas, wood, wood pellets, coal, or other heating source. It must be dated between January 1, 2016 and March 31, 2017.
- You also need a social insurance number and date of birth for you and any other adults in your home. Any adults listed in the application will also need to provide a signature.

For more information or to receive an application call **1-800-670-4357** or check out their website at <https://harp.novascotia.ca/harp/start.xhtml>. Also, applications are available in our drop in room.

What's been happening at the Centre?



Thank you for your Support

We would like to say a Big Thank You to the **Kiwanis Club of Dartmouth** for their generous donation to our Prenatal Program. Your support is greatly appreciated!



Dartmouth Family Centre Outreach Support

Stairs Memorial Food Bank (44 Hester Street) Staff members from the Centre are available to share resource information and provide childcare on Wednesday mornings starting at 8:30am.

Clinics available at the DFC

Joan-Registered Nurse - Tuesday, November 7th & 21st mornings

Come see Joan for Pap tests, breast exams, family planning, STI screening, bone health, and general health counseling .

Jessica-Social Worker - Friday, November 10th and 24th

Come talk to Jessica to get support with stressful life events & accessing support in the community .

Well Baby Clinic - Wednesday, November 8th and 22nd

The public health nurse is available during Baby & Me to answer questions you may have about your baby's growth and development, feeding, weight gain or post partum concerns.

Dal Legal Aid - Wednesday, November 22nd

A community legal worker is available to discuss issues around tenancy, income assistance or family law.

