

**SPRING - SUMMER
2023**

REGISTER NOW

Online • Phone



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accessibility and
interpretation services.



FREE HEALTH & WELLNESS PROGRAMS

www.communityhealthteams.ca

902-460-4560



WELLNESS
NAVIGATION



REDUCING
YOUR
HEALTH RISKS



HEALTHY
EATING



PHYSICAL
ACTIVITY



MENTAL
WELLNESS



PARENTING

Community Health Teams



in PARTNERSHIP with




PROGRAM & REGISTRATION INFORMATION

Program Information

The Community Health Teams are a program of Nova Scotia Health in partnership with IWK where healthcare providers offer FREE health and wellness programming. **Programs are open to residents of Nova Scotia age 18 and older with a valid NS health card** (unless otherwise indicated in the program description). You will be required to provide your health card number to register and registration is required.

Programs listed in this flyer are offered in person, online through "Zoom for Healthcare," or both. The location of the program will be indicated next to the program dates (addresses for the locations can be found on page 15).

For some of the in-person programs, the number of weeks or the time frame may be different from the online version. **Please check dates and times carefully.**

For in-person programs, participants will follow all public health guidelines that apply at that time. Programs occurring in Nova Scotia Health locations will require a mask. Programs requiring a mask will have a mask icon. 

If you are feeling unwell the day of a session you are registered to attend, please consider attending on another date to help prevent the spread of illness in your community. Thank you!

It is easy to register online!

Find a program in this flyer you are interested in. Simply click on "CLICK HERE" next to the program you wish to register for and you will be taken directly to its registration page.

Find a Program:



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Wellness Navigation

Are you feeling **stressed**?

Are you **struggling** with your health, money, housing, or mental health?

Do you need **help** finding resources?

Do you have **concerns** about your child's mood or behaviour?

Do you want to join a group or **feel more connected** to your community?

Wellness Navigators can connect you with services that will best help **YOU**.

What is a Navigator?

Navigators are health professionals who know health care, the greater Halifax community, and government systems. We can find the right resource for you. Navigators work with adults, children, youth, and families. Appointments can be by phone, Zoom for Healthcare, or in person (pending current public health recommendations). **This program is available only to those living in the greater Halifax area.**

Call 902-460-4560 (press 1 for Bedford/Sackville, 2 for Chebucto, 3 for Dartmouth and 4 for Halifax) **to make an appointment with a navigator.**





REDUCING YOUR HEALTH RISKS

Health Goal Coaching

Most of us are aware of things we can do to support our health. But change is hard! Knowing what to do is not always enough. Taking time to set realistic and achievable health goals can help us get started and stay on track. Want to learn how? Meet with a CHT health care provider for Health Goal Coaching and work through the process of turning your ideas into an action plan.

To qualify for this service, completion of *Ideas Into Action. Small Steps. Big Success!* is required. Call 902-460-4560 (press 1 for Bedford/Sackville, 2 for Chebucto, 3 for Dartmouth and 4 for Halifax) for more information.

Ideas Into Action. Small Steps. Big Success!

Having difficulty reaching your health goals? Join this live session to learn the process of creating realistic and achievable goals to live your healthiest life.

Tuesday – March 21	1:30 - 3:00 pm	Bedford CHT 	CLICK HERE to register
Monday – April 3	6:00 - 7:15 pm	Online Zoom Program	CLICK HERE to register
Tuesday – April 18	9:30 - 11:00 am	Halifax CHT 	CLICK HERE to register
Tuesday – May 16	1:30 - 3:00 pm	Spryfield Wellness Centre 	CLICK HERE to register
Thursday – June 1	10:00 - 11:30 am	Dartmouth CHT 	CLICK HERE to register
Thursday – July 6	10:00 - 11:15 am	Online Zoom Program	CLICK HERE to register

Don't have time for a live session? [CLICK HERE](#) to view an interactive recording of this session.

Keep it Going With Your Health Goals

Have you been working on your health goals and are having trouble keeping them going? Staying on track with health goals is not easy. There can be many bumps, twists and turns along the way. You must attend the session *Ideas into Action. Small Steps, Big Success* before registering for this session.

Thursday – April 20	1:30 - 3:00 pm	Bedford CHT 	CLICK HERE to register
Friday – May 26	9:30 - 11:00 am	Halifax CHT 	CLICK HERE to register
Monday – May 29	6:00 - 7:15 pm	Online Zoom Program	CLICK HERE to register
Thursday – June 29	9:30 - 11:00 am	Spryfield Wellness Centre 	CLICK HERE to register
Wednesday – August 30	10:00 - 11:30 am	Dartmouth CHT 	CLICK HERE to register
Thursday – August 31	2:00 - 3:15 pm	Online Zoom Program	CLICK HERE to register

Don't have time for a live session? [CLICK HERE](#) to view an interactive recording of this session.





Building Better Sleep

Do you wonder how you could get a better night's sleep? Sleep is vital to our physical health, mental health and overall well-being. Join us for a discussion about why we sleep, what impacts our sleep, and other great tips.

Monday – April 3	6:00 - 7:00 pm	Online Zoom Program	CLICK HERE to register
Monday – June 19	10:00 - 11:00 am	Online Zoom Program	CLICK HERE to register
Tuesday – August 22	1:30 - 3:30 pm	Northwood – Halifax	CLICK HERE to register

Prediabetes

Prediabetes (when blood sugars are above the normal range) offers a warning that you are at risk of developing diabetes. Learn how lifestyle choices can give you a chance to change your future.

- The online Zoom program is a 3 week series.
- The in-person prediabetes program is a single session.

Wednesdays – Mar 22 to Apr 5	6:30 - 7:45 pm	Online Zoom Program	CLICK HERE to register
Wednesday – April 12	5:00 - 7:30 pm	Sackville Public Library	CLICK HERE to register
Mondays – Apr 24 to May 8	1:00 - 2:15 pm	Online Zoom Program	CLICK HERE to register
Wednesdays – June 7 to 21	10:00 - 11:15 am	Online Zoom Program	CLICK HERE to register
Friday – June 16	9:30 am - 12:00 pm	Spryfield Wellness Centre 	CLICK HERE to register


Understand Pain – 3 Week Program

This series will explain how the pain system works. You will learn how the body changes with chronic pain. You will also learn about the factors affecting pain and real ways to manage it. Attendance the first week of the series is required.

Mondays – Apr 24 to May 8	6:30 - 7:45 pm	Online Zoom Program	CLICK HERE to register
Fridays – June 9 to 23	12:00 - 1:15 pm	Online Zoom Program	CLICK HERE to register

Your Heart Matters – 4 Week Program

Many people have risk factors for heart disease and stroke. The good news is many of these can be managed and improved! In this series you will learn how healthy eating, physical activity, stress, sleep and substances impact your heart health. You will also learn how to create your own action plan for the changes you would like to make.



Thursdays – Apr 20 to May 11	6:00 - 8:00 pm	Spryfield Wellness Centre 	CLICK HERE to register
Wednesdays – June 7 to 28	1:30 - 3:30 pm	Sackville Public Library	CLICK HERE to register



HEALTHY EATING

NEW Healthy Eating 101

Confused about where to start with healthy eating? Get back to basics with information on eating well from Canada's Food Guide.

Tuesday – March 28	1:00 - 2:00 pm	Dartmouth CHT 	CLICK HERE to register
Monday – June 12	1:30 - 2:30 pm	John W. Lindsay YMCA	CLICK HERE to register
Monday – August 21	2:00 - 3:00 pm	Bedford CHT 	CLICK HERE to register

Explore the Mediterranean Diet

Interested in lowering your risk of heart disease, Alzheimer's and diabetes? Learn how you can improve your health by following the Mediterranean way of eating.

- The online Zoom program is a 2 week series. Attendance the first week of the series is required.
- The in-person program is a single session.

Thursdays – March 23 & 30	6:30 - 7:45 pm	Online Zoom Program	CLICK HERE to register
Tuesday – May 2	6:00 - 8:00 pm	Woodlawn Public Library	CLICK HERE to register
Fridays – June 2 & 9	1:00 - 2:15 pm	Online Zoom Program	CLICK HERE to register
Thursday – July 6	10:00 am - 12:00 pm	Ummah Mosque (Entrance A)	CLICK HERE to register

Food and Mood

Have you ever thought about the connection between what you eat and how you feel? Food choices and eating habits can affect mood, but how you feel can also influence what you eat. What's good for your body is good for your mood! Join us to learn more.

- The online Zoom program is a 2 week series. Attendance the first week of the series is required.
- The in-person program is a single session.

Mondays – Mar 27 & Apr 3	12:00 - 1:15 pm	Online Zoom Program	CLICK HERE to register
Fridays – May 5 & 12	1:00 - 2:15 pm	Online Zoom Program	CLICK HERE to register
Thursday – June 22	1:30 - 3:30 pm	Dartmouth CHT 	CLICK HERE to register

Introduction to Beyond Weight – 2 Week Program

Have you ever been told what your weight should be? The truth is, your weight is a lot more complex than a number on a scale. In this series we will explore the many factors that influence weight, expectations for weight loss, and strategies to support your health and wellness through the pandemic and beyond. Attendance the first week of the series is required.

Thursdays – April 6 & 13	10:00 am - 12:00 pm	Capt. William Spry Public Library	CLICK HERE to register
Wednesdays – May 10 & 17	6:30 - 7:45 pm	Online Zoom Program	CLICK HERE to register
Tuesdays – June 6 & 13	10:00 am - 12:00 pm	Woodlawn Public Library	CLICK HERE to register




Beyond Weight. Shifting Focus to Health — 11 Week Program

Are you interested in shifting focus away from the scale towards improving your health and quality of life? In this group program, we discuss how nutrition, physical activity, emotions, genetics, and our environment affect our health and weight. [Call 1-844-460-4555](tel:18444604555) for more information and to complete a screen to see if this program is right for you. Please call 10 business days prior to the start date of the program. Please note: Introduction to Beyond Weight is NOT a pre-requisite to attend this program.

Thursdays – Apr 6 to Jun 15	12:00 - 1:30 pm	Online Zoom Program	Call to complete screen
Tuesdays – Apr 11 to Jun 20	10:00 am - 12:00 pm	St. Andrew's Community Centre	Call to complete screen


Beginners Guide to Plant-Based Eating

Are you interested in making plant-based meals but unsure where to start? In this session we define plant-based eating as a pattern that emphasizes mostly plant foods: vegetables, fruits, whole grains, legumes, nuts, and seeds. We will explore the benefits of plant-based eating and how to incorporate plant foods in a simple and cost-effective way.

Tuesday – April 4	6:30 - 7:45 pm	Online Zoom Program	CLICK HERE to register
Friday – May 26	9:30 - 11:30 am	Bedford CHT 	CLICK HERE to register
Wednesday – July 5	12:00 - 1:15 pm	Online Zoom Program	CLICK HERE to register

Meal Planning and Recipe Inspiration

Meal planning can seem intimidating, and it can be hard to know where to start. Learn about the foundations for successful meal planning and participate with us in this interactive session. The goal of this program is to leave with a plan that is flexible and realistic for you. You will receive a worksheet to help make a meal plan and a recipe booklet to start you on your journey.

Monday – May 15	6:30 - 7:45 pm	Online Zoom Program	CLICK HERE to register
Tuesday – July 11	10:00 am - 12:00 pm	Spryfield Wellness Centre 	CLICK HERE to register
Monday – August 28	12:00 - 1:15 pm	Online Zoom Program	CLICK HERE to register

Making the Most of Your Food Dollar

Learn how to get more value and nutrition from your food dollar. You will receive recipes and resources to help you organize, plan and prepare healthy low-cost dishes at home.

Thursday – March 23	10:00 - 11:30 am	Capt. William Spry Public Library	CLICK HERE to register
Friday – April 21	12:30 - 2:00 pm	Bedford Public Library	CLICK HERE to register
Wednesday – June 21	6:00 - 7:30 pm	Dartmouth North Public Library	CLICK HERE to register



HEALTHY EATING / PHYSICAL ACTIVITY

Be Good to Your Gut

Did you know good health starts in your gut? A healthy gut is at the core of overall wellness. Learn how your digestive system works, the role of your gut bacteria, and how to feed your gut for good health.

Monday – June 5	6:00 - 8:00 pm	NS Community College (Leeds St)	CLICK HERE to register
Wednesday – August 23	12:30 - 2:30 pm	Bedford Public Library	CLICK HERE to register

Fat, Sugar, Salt

Are you confused by the many different things you hear about fat, sugar, and salt? You're not alone! Come and learn the real science on these hot nutrition topics.

Thursday – April 27	2:00 - 4:00 pm	Halifax Central Library	CLICK HERE to register
Tuesday – August 29	6:00 - 8:00 pm	Woodlawn Public Library	CLICK HERE to register



PHYSICAL ACTIVITY

Low Intensity 10-Week Exercise Program

Do you live in the greater Halifax area and have a chronic health condition that limits your ability to exercise? Are you unable to walk or exercise more than 15 minutes without a break? If so, this program may be for you. Two physiotherapists will help you develop the skills, motivation and confidence to safely exercise on your own. You will participate in a group class that includes walking/chair cardio as well as exercises for strength, balance, and flexibility. You will also receive support through sharing of physical activity resources, education and goal setting. **This program is available only to those living in the greater Halifax area. Call 902-460-4560 for more information (Press 1 for Acadia Hall, 2 for Canada Games Center, 3 for East Dartmouth Community Center, and 4 for Good Shepherd Parish).**

Mondays and Wednesdays	Afternoons	Lower Sackville – Acadia Hall	Call to complete screen
Tuesdays and Thursdays	Mornings	Clayton Park – Canada Games Centre	Call to complete screen
Tuesdays and Thursdays	Afternoons	East Dartmouth Community Centre	Call to complete screen
Tuesdays and Thursdays	Afternoons	Halifax – Good Shepherd Parish (St Agnes)	Call to complete screen

The Truth About Weight and Exercise – 2 Week Program

In this two-part series you will learn the facts about weight loss and exercise. We will discuss different types of exercise and their role in your health, weight loss and maintenance and learn tips to be active at any size. You will NOT exercise in this program. Attendance the first week of the series is required.

Tuesdays – April 18 & 25	6:30 - 7:45 pm	Online Zoom Program	CLICK HERE to register
Mondays – June 19 & 26	12:00 - 1:15 pm	Online Zoom Program	CLICK HERE to register



Ready, Set, Move — 4 Week Program

Are you interested in learning about all the different parts of an active lifestyle? This series includes all our Ready Set Move topics (Sit Less Move More, Intro to Cardio, Strengthening, Stretching and Balance). We will help you explore creative ways get more movement in your day, develop an action plan, stay motivated and keep the change going for long term success. **A participant physical activity screen is required no later than 5 business days before the program start date. Please complete the screen online at www.communityhealthteams.ca or call 902-460-4560.**

Wednesdays – April 5 to 26	9:30 - 11:30 am	Dartmouth – Life Branch Church	CLICK HERE to register
Mondays – Apr 17 to May 8	1:30 - 3:30 pm	Halifax – Bethany United Church	CLICK HERE to register
Wednesdays – May 10 to 31	5:30 - 7:30 pm	Sackville Public Library	CLICK HERE to register
Wednesdays – June 7 to 28	1:30 - 3:30 pm	Spryfield Wellness Centre	CLICK HERE to register

Ready, Set, Move — Introduction to Cardio

Learn the Canadian Guidelines for how much exercise you need for health benefits. We will discuss simple techniques on how to safely increase your intensity with no equipment.

Wednesday – April 19	6:30 - 7:45 pm	Online Zoom Program	CLICK HERE to register
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Ready, Set, Move — Strengthening

Do you want to improve your strength but not sure where to start? This session will teach you safe ways to do strengthening exercises, use different types of equipment and how to progress these exercises on your own.

- For the online Zoom program, you will NOT be exercising so a physical activity screen is **not** required.
- For the in-person session you will be exercising. A participant physical activity screen is required no later than 5 business days before the program start date. **Please complete it online at www.communityhealthteams.ca or call 902-460-4560.**

Thursday – April 27	9:30 - 11:30 am	Tantallon Public Library	CLICK HERE to register
Monday – May 15	6:30 - 7:45 pm	Online Zoom Program	CLICK HERE to register
Tuesday – May 30	5:30 - 7:30 pm	Ummah Mosque (Entrance A)	CLICK HERE to register
Friday – June 9	9:30 - 11:30 am	Dartmouth CHT	CLICK HERE to register
Friday – August 25	9:30 - 11:30 am	Bedford CHT	CLICK HERE to register

Ready, Set, Move — Stretching and Balance

Learn the basic techniques of stretching and balance exercises so you can do these at home. A participant physical activity screen is required no later than 5 business days before the program start date. **Please complete the screen online at www.communityhealthteams.ca or call 902-460-4560.**

Friday – June 16	9:30 - 11:30 am	Bedford CHT	CLICK HERE to register
Wednesday – August 16	10:00 am - 12:00 pm	Spryfield Wellness Centre	CLICK HERE to register



PHYSICAL ACTIVITY

Ready, Set, Move — Sit Less, Move More

Is your “new normal” causing you to sit more? Our bodies were designed to move and that can be challenging at the best of times. Join us as we learn about the impact on our health with too much sitting and share ways to move more in our homes, neighbourhoods, and communities.

Wednesday – June 28 10:00 - 11:15 am Online Zoom Program [CLICK HERE to register](#)

Move to Improve — 10 Week Program

Are you currently not exercising and do you sit the majority of your day? Do you live with a chronic condition or are you at risk of developing one? If so, this program might be for you. Come improve your fitness level and motivation to exercise in this 10-week program delivered in collaboration with a community recreation facility. To qualify you need to be able to walk for 20 minutes without stopping and be able to get in and out of a chair without difficulty. **A physical activity screen must be completed 2 weeks before the program starts.** [Please call 902-460-4560 \(press 1 for Bedford/Sackville, 2 for Chebucto, 3 for Dartmouth and 4 for Halifax\) for more information and to complete a screen.](#)

Mondays and Wednesdays 1:15 - 2:15 pm Canada Games Centre Call to complete screen (starting March 27)

24 Hour Movement Guidelines: Make Your Whole Day Matter

Ever wonder how much movement you should be getting in a day? Come find out how to make your whole day matter and learn the Canadian 24 Hour Movement Guidelines. This session will discuss three parts of your day: physical activity, sitting time and sleep.


Tuesday – August 22 10:00 - 11:15 am Online Zoom Program [CLICK HERE to register](#)

Mindful Movement

Do you tend to rush when you do things? Would you like to be more mindful when you move? In this session you will practice becoming more aware of your body and your surroundings when you are still and when you are moving.

Wednesday – March 22 1:30 - 3:00 pm Parkland Clayton Park (Cameron Hall) [CLICK HERE to register](#)

Tuesday – April 11 1:30 - 3:00 pm Sackville Public Library [CLICK HERE to register](#)

Wednesday – May 24 6:30 - 8:00 pm Dartmouth CHT  [CLICK HERE to register](#)

Wednesday – July 5 1:30 - 3:00 pm Bethany United Church [CLICK HERE to register](#)






Discover Your Strengths

We all have the same 24 character strengths that we express in different ways. Together, we will discuss character strengths, how to recognize them in ourselves and others, and learn the benefits of using them.

Friday – May 5	10:00 am - 12:00 pm	John W. Lindsay YMCA	CLICK HERE to register
Thursday – June 15	6:00 - 8:00 pm	Cole Harbour Library	CLICK HERE to register
Thursday – August 24	1:30 - 3:30 pm	Online Zoom Program	CLICK HERE to register

Time Management and Wellbeing

Not enough time in your day? Too much time? Learning how to manage your time may help. Join us to discover time management skills that you can use in your life.

Friday – March 31	12:00 - 1:00 pm	Online Zoom Program	CLICK HERE to register
Monday – July 17	10:00 am - 12:00 pm	Spryfield Wellness Centre 	CLICK HERE to register


Free Time and You

Leisure and recreation can have a big impact on our health and wellbeing. Whether you have too little or too much free time, there are ways you can connect with things that interest you and experience enjoyment. Join us to explore strategies and resources to make the most of your free time!

Monday – May 29	6:00 - 7:15 pm	Online Zoom Program	CLICK HERE to register
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How to Speak Assertively – 4 Week Program

Expressing our needs can be difficult. In this program you will learn about communication and practice assertiveness skills (e.g. active listening, saying no, and making requests).

Tuesdays – Mar 21 to Apr 11	10:00 - 11:30 am	Online Zoom Program	CLICK HERE to register
Tuesdays – Apr 18 to May 9	6:00 - 8:00 pm	Spryfield Wellness Centre 	CLICK HERE to register
Tuesdays – June 6 to 27	10:00 am - 12:00 pm	Cole Harbour Public Library	CLICK HERE to register

Introduction to Self-Compassion

Being self-compassionate can help provide us comfort, improved health, and increase our sense of satisfaction in our roles. Join us to practice ways to promote self-compassion when we experience difficulties in our everyday lives.

Tuesday – March 21	10:00 am - 12:00 pm	Halifax Central Library	CLICK HERE to register
Monday – April 17	6:00 - 8:00 pm	Online Zoom Program	CLICK HERE to register
Wednesday – May 31	6:00 - 8:00 pm	Bedford CHT 	CLICK HERE to register
Monday – June 12	1:30 - 3:30 pm	Dartmouth CHT 	CLICK HERE to register
Tuesday – July 18	1:30 - 3:30 pm	Parkland Clayton Park (Cameron Hall)	CLICK HERE to register



MENTAL WELLNESS


Self-Compassion — 4 Week Program

Being self-compassionate can help provide us comfort, improved health, and increase our sense of satisfaction in our roles. Join us to delve deeper and practice ways to promote self-compassion when we experience difficulties in our everyday lives. This program builds in concepts and practice over time. Attendance the first week of the series is required. **Please note:** Introduction to Self-Compassion is NOT a pre-requisite to attend this program.

Thursdays – Mar 30 to Apr 20	10:00 am - 12:00 pm	Woodlawn Public Library	CLICK HERE to register
Mondays – Apr 24 to May 15	12:00 - 2:00 pm	Online Zoom Program	CLICK HERE to register
Wednesdays – Apr 26 to May 17	5:30 - 7:30 pm	NS Community College (Leeds St)	CLICK HERE to register
Wednesdays – June 7 to 28	5:30 - 7:30 pm	Sackville Public Library	CLICK HERE to register

Introduction to Take Charge of Your Stress

In this program you will learn about stress, explore how you experience stress, and practice skills you can use to reduce stress symptoms.

Friday – March 24	9:30 - 11:30 am	Bedford CHT 	CLICK HERE to register
Friday – April 28	12:00 - 1:15 pm	Online Zoom Program	CLICK HERE to register
Thursday – May 25	9:30 - 11:30 am	NS Community College (Leeds St)	CLICK HERE to register
Tuesday – June 6	6:00 - 8:00 pm	Capt. William Spry Public Library	CLICK HERE to register
Wednesdays – June 7 & 14	6:00 - 8:00 pm	Ummah Mosque (Entrance A) With Arabic Translation.	Call 902-460-4560 to register. (Please note: no childcare is available)
Wednesday – August 23	5:30 - 7:30 pm	Dartmouth North Public Library	CLICK HERE to register

Take Charge of Your Stress — 4 Week Program

Stress can have significant impacts on our health and wellbeing. Together we will learn about stress, explore how we experience stress, and practice a variety of skills you can use to reduce stress symptoms. Attendance the first week of the series is required. **Please note:** Introduction to Take Charge of Your Stress is NOT a pre-requisite to attend this program.

Wednesdays – Mar 22 to Apr 12	1:00 - 3:00 pm	Bethany United Church	CLICK HERE to register
Tuesdays – May 9 to 30	6:00 - 8:00 pm	Woodlawn Public Library	CLICK HERE to register
Fridays – June 2 to 23	10:00 am - 12:00 pm	Online Zoom Program	CLICK HERE to register





Optimal Aging – 4 Week Program

There are five key actions that can help us to live well as we age: staying socially and physically active, taking care of our mental health, learning new things, and changing how we think about aging. How long we live is not just in our genes! Join us to explore these key actions, reflect on where you are now, set goals, and strive for a healthier life. Attendance the first week of the series is required.

Wednesdays – April 5 to 26	12:30 - 2:30 pm	Bedford Public Library	CLICK HERE to register
Thursdays – June 1 to 22	1:30 - 3:30 pm	Parkland Clayton Park (Cameron Hall)	CLICK HERE to register

Exploring Emotions – 4 Week Program

Are you curious about your emotions? In this series, you'll learn how to identify emotions and develop skills to respond effectively to a range of emotions. Attendance the first week of the series is required.

Thursdays – April 6 to 27	6:00 - 8:00 pm	Online Zoom Program	CLICK HERE to register
Thursdays – May 4 to 25	5:30 - 7:30 pm	Bedford Public Library	CLICK HERE to register
Tuesdays – June 6 to 27	10:00 am - 12:00 pm	Halifax Central Library	CLICK HERE to register

Mental Health First Aid – Adults Interacting with Youth

Learn how to support youth (ages 12-24) experiencing a decline in their mental health. This offering is intended for parents, guardians, and volunteers. Other adults supporting youth in unpaid roles are also welcome.

Thursday – March 9 orientation	12:00 - 1:00 pm	Online Zoom Program	Call 902-460-4560 to register
Saturday/Sunday – Mar 25 & 26	9:30 am - 1:30 pm		


PARENTING

Please have your child's health card number on hand when you are registering for parenting programs.



Self-Compassion for Parents

Parenting is a difficult job. Being self-compassionate can help provide us comfort, improved health and increase our sense of satisfaction in our roles as parents. Join us to practice ways to promote self-compassion when we experience difficulties in our everyday lives.

Friday – April 14	10:00 - 11:30 am	Chebucto Family Centre (<u>Limited</u> childcare available. Call 902-479-3031 ext. 302 to reserve a space.)	CLICK HERE to register
Monday – April 17	10:30 am - 12:00 pm	John W. Lindsay YMCA	CLICK HERE to register
Thursday – June 15	1:30 - 3:00 pm	Bedford CHT 	CLICK HERE to register



PARENTING

Incredible Years – School Age – 12 Week Program

This program focuses on improving your child's social and emotional skills and reducing behaviour problems. It is for parents of children who are 6-12 years old. [If you require childcare call 902-460-4560.](tel:902-460-4560)

Wednesdays – Mar 22 to Jun 7	6:00 - 8:00 pm	Online Zoom Program	CLICK HERE to register
Thursdays – Mar 23 to Jun 8	6:00 - 8:00 pm	Sackville Heights Community Centre Childcare available (5+ years)	CLICK HERE to register

Incredible Years – Preschool – 14 Week Program

This program focuses on improving your child's social and emotional skills and reducing behaviour problems. It is for parents of children who are 3-6 years old.

Wednesdays – Mar 22 to Jun 21	9:30 - 11:30 am	Captain William Spry Library	CLICK HERE to register
Tuesdays – Mar 28 to Jun 27	6:00 - 8:00 pm	Online Zoom Program	CLICK HERE to register

Introduction to Parenting Your Teen

An introductory session to help you better understand your teen and how their brain works. Learn strategies to improve communication and help your family run more smoothly.

Wednesday – March 8	12:00 - 1:30 pm	Online Zoom Program	CLICK HERE to register
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Parenting Your Teen – Walking the Middle Path

Learn to better understand your teen, improve communication and help your family run more smoothly.

Saturday – April 1	9:00 am - 4:30 pm	Life Branch Church	CLICK HERE to register
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Screen Time and Your Family

We live in a world where screens are everywhere. Learn about the risks and benefits of screen time and ways to help your family. For parents of children 0-12 years.

Tuesday – May 16	11:30 am - 1:00 pm	Spryfield Wellness Centre 	CLICK HERE to register
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My Child is Anxious. Should I Worry? – 2 Week Program

Learn how to identify early signs of anxious feelings in your children and skills to help them manage everyday anxiety. For parents and caregivers of children up to 12 years old.

Tuesdays – April 11 & 18	6:30 - 8:30 pm	École du Grand-Portage	CLICK HERE to register
Fridays – May 12 & 19	10:00 am - 12:00 pm	Cole Harbour Library	CLICK HERE to register
Wednesdays – May 24 & 31	5:30 - 7:30 pm	Ummah Mosque (Entrance A)	CLICK HERE to register
Mondays – June 5 & 12	11:30 am - 1:00 pm	Online Zoom Program	CLICK HERE to register



To check out other online programs offered by Nova Scotia Health and the IWK, you can visit www.healthyns.ca.

Mental Health and Addictions Program: Online Tools & Programs

Nova Scotians can access mental health and addictions support where and when they need it by visiting www.MHAhelpNS.ca. You can use the site to explore information, resources, tools, and connect with help 24/7. The website offers accurate, up-to-date information about services, contact information, clinic locations and other resources in our communities. It is also home to **FREE online tools for Mental Health and Addiction**.

Community Locations for Bedford/Sackville

Acadia Hall	650 Sackville Drive, Lower Sackville
Bedford/Sackville CHT	1658 Bedford Hwy (main level Bedford Place Mall)
Bedford Public Library	15 Dartmouth Road, Bedford
École du Grand-Portage	100 Stokil Drive, Lower Sackville
Sackville Heights Community Center	45 Connolly Road, Middle Sackville
Sackville Public Library	636 Sackville Drive, Lower Sackville

Community Locations for Chebucto

Canada Games Centre	26 Thomas Raddall Drive, Halifax
Captain William Spry Library	16 Sussex Street, Halifax (Spryfield)
Chebucto CHT/Spryfield Wellness Centre	16 Dentith Road, Halifax (Spryfield)
Parkland Clayton Park (Cameron Hall)	118 Fairfax Drive, Halifax

Community Locations for Dartmouth

Cole Harbour Public Library	51 Forest Hills Parkway, Dartmouth
Dartmouth CHT	58 Tacoma Drive, Dartmouth
Dartmouth North Public Library	105 Highfield Park Drive, Dartmouth
East Dartmouth Community Centre	50 Caledonia Road, Dartmouth
Life Branch Church	10 Lancaster Drive, Dartmouth
Woodlawn Public Library	31 Eisener Blvd, Dartmouth

Community Locations for Halifax Peninsula

Bethany United Church	2669 Joseph Howe Drive, Halifax
Good Sheppard Parish (St Agnes Site)	6903 Mumford Road, Halifax
Halifax Central Library	5440 Spring Garden Road, Halifax
Halifax Peninsula CHT	6080 Young Street (Suite 105)
John W. Lindsay YMCA	5640 Sackville Street, Halifax
Northwood (Activity Room)	2615 Northwood Terrace, Halifax
Nova Scotia Community College (NSCC)	5685 Leeds Street, Halifax
St. Andrews Community Centre	3380 Barnstead Lane, Halifax
Ummah Mosque & Community Centre (Entrance A)	2510 St Matthias St, Halifax

LEARN MORE AND CONNECT WITH US

 www.communityhealthteams.ca  @communityhealthteams  @CHTs_NSHA

WHAT IS A COMMUNITY HEALTH TEAM (CHT)?

A Community Health Team (CHT) offers **FREE** wellness programs and services in your **community**. The range of programs and services offered by each CHT is shaped by what we have heard citizens need to best support their health. Your local Community Health Team:

- offers free group wellness programs at different times and community locations to make it easier for you to access sessions close to home,
- offers free wellness navigation to help you prioritize health goals and connect to the resources that you need, and
- works closely together with community organizations toward building a stronger and healthier community.

Virtual Online Programs are open to residents of Nova Scotia age 18 and older **with a valid NS health card** (unless otherwise indicated in the program description). You will be required to provide your health card number when registering and registration is required. *If you reside in Nova Scotia and do not have a NS health card, please call 902-460-4560 for more information.*

WHERE IS MY CHT?

BEDFORD/SACKVILLE

Bedford Place Mall – 1658 Bedford Highway

Serving Beaver Bank, Bedford, Fall River, Hammonds Plains, Lucasville, Mount Uniacke, Sackville, & Waverley.

CHEBUCTO (Halifax Mainland)

16 Dentith Road, Halifax

Serving Spryfield, Fairview, Clayton Park, Herring Cove, Armdale, Sambro Loop, the Pennants, Purcell's Cove, Tantallon, Hubbards, St. Margaret's Bay, Beechville, Lakeside, Timberlea, Prospect, Hatchet Lake, & Hubley.

DARTMOUTH

58 Tacoma Drive

Serving Dartmouth, Cole Harbour, Eastern Passage, Lawrencetown, Mineville, and North & East Preston.

HALIFAX PENINSULA

6080 Young Street (Suite 105)

Serving downtown, North-end, South-end, & West-end Halifax.



SCAN ME