

## PARENTING PROGRAMS SPRING/SUMMER 2023

Register Now!

[www.communityhealthteams.ca](http://www.communityhealthteams.ca)

Please have your child's health card number on hand for registration  
Each parent who wants to attend any of the sessions must register individually

### INCREDIBLE YEARS - PRESCHOOL AGE -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 - March 22 to June 21, 9:30 - 11:30 am - Captain William Spry Library**

**Tuesdays - March 28 to June 27, 6:00 - 8:00 pm - Zoom for Health Care**



### 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.**

**Wednesdays - March 22 to June 7, 6:00 - 8:00 pm - Zoom for Health Care**

**Tuesdays - March 23 to June 8, 6:00 - 8:00 pm - Sackville Heights Community Centre**

*(Limited childcare available - Call 902-460-4560 to register)*



### 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 role 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**

*(Limited Childcare available - Call 902-479-3031 ext. 302 to reserve a spot)*

**Monday - April 17, 10:30 - 12:00 Noon - John W. Lindsay YMCA**

**Thursday, June 15, 1:30 - 3:00 pm, Bedford CHT (Masks required at this location)**



All programs offered for free via Zoom for Health Care or In Person by

## 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 - Ecole du Grand-Portage**  
**Fridays - May 12 & 19, 10:00 am - 12:00 Noon - Cole Harbour Library**  
**Wednesdays - May 24 & 31, 5:30 - 7:30 pm - Ummah Mosque (Entrance A)**  
**Mondays - June 5 & 12, 11:30 am - 1:00 pm - Zoom for Health Care**

## PARENTING YOUR TEEN - WALKING THE MIDDLE PATH 6 WEEK PROGRAM

Learn to better understand your teen and how their brain works as well as practicing skills to improve communication to help your family run more smoothly.

**Saturday - April 1, 9:00 am - 4:30 pm - Life Branch Church**



## 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 Noon - 1:30 pm - Zoom for Health Care**

## 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 and caregivers of children up to 12 years old.**

**Tuesday - May 16, 11:30 am - 1:00 pm - Spryfield Wellness Centre**  
 (Masks required at this location)

