

SEPTEMBER 2018 to
FEBRUARY 2019

REGISTER NOW
Phone • Drop in • Online

FREE

HEALTH & WELLNESS PROGRAMS

902-460-4560



WELLNESS
NAVIGATION



REDUCING
YOUR
HEALTH
RISKS



FOOD,
NUTRITION
& WEIGHT
MANAGEMENT



PHYSICAL
ACTIVITY



EMOTIONAL
WELLNESS



PARENTING

Community Health Teams



in PARTNERSHIP with





NAVIGATION

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 community, and government systems. We can find the right resource for you. Navigators work with adults, children, youth, and families. We can meet you at a Community Health Team location or at a public location.

Call 902-460-4560 to make an appointment with a navigator.



“ They are like a system GPS. I feel like I have an ace in my pocket now with the wellness navigator. They take a different approach here. ”

– Community Citizen

Find a Program:



Reducing Your Health Risks

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Emotional Wellness

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Food, Nutrition & Weight Management

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Parenting

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Physical Activity

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Partner Programs

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* See page 19 for a list of our COMMUNITY LOCATIONS with addresses.



Personal Wellness Profile

Complete a lifestyle survey and have your cholesterol, blood sugar, blood pressure, body fat and waist circumference measured. Receive a personalized report that lets you know how you are doing in 9 health areas and find out your health age. See below for dates and locations. **This is a 3-hour program and preregistration is required. All sessions are from 8:30-11:30 am.**

Bedford/Sackville CHT

Bedford Place Mall

WEDNESDAY:

September 12
September 19
October 3
October 17
November 7
November 21
December 5
January 16
February 6
February 20

SATURDAY:

January 26

Chebucto CHT

Community Wellness Centre

WEDNESDAY:

September 26
October 17
November 14
December 12
January 23
February 13

SATURDAY:

November 24

Dartmouth CHT

58 Tacoma Drive

THURSDAY:

September 20
September 27
October 18
October 25
November 29
December 6
January 17
January 31
February 7
February 21

SATURDAY:

November 17

Halifax CHT

6080 Young Street

THURSDAY:

September 13
September 27
October 11
October 25
November 8
December 6
January 10
January 24
February 7
February 28

SATURDAY:

November 24

Personal Wellness Profile — Yearly Follow-Up

A follow-up session for those who have attended two or more Personal Wellness Profile sessions and it has been at least one year since your last session. **Call 460-4560 to book an appointment.**

Community Health Team Drop-In

For people who would like extra support with their goals to achieve better health. See below for dates and locations. **Drop by anytime between 8:30-10:00 am on the following Fridays.**

Bedford/Sackville CHT

Bedford Place Mall

September 21
October 19
November 23
December 14
January 18
February 15

Chebucto CHT

Community Wellness Centre

September 28
October 26
November 30
December 7
January 25
February 22

Dartmouth CHT

58 Tacoma Drive

September 21
October 19
November 16
December 21
January 18
February 15

Halifax CHT

6080 Young Street

September 7
October 5
November 2
December 7
January 4
February 1



REDUCING YOUR HEALTH RISKS

Building Better Sleep

Join us for a discussion on how to promote better sleep in your life.

Tuesday – October 2	1:30 - 3:30 pm	Sackville Heights Community Centre
Tuesday – October 23	1:30 - 3:30 pm	Halifax – Northwood Manor Meeting Space
Wednesday – November 14	6:30 - 8:30 pm	Dartmouth – Woodlawn Library
Monday – December 3	6:00 - 8:00 pm	Timberlea – Lakeside Community Centre
Thursday – January 24	9:30 - 11:30 am	Bedford/Sackville CHT – Bedford Place Mall
Tuesday – February 12	1:30 - 3:30 pm	Dartmouth – NSCC Akerley Campus
Wednesday – February 27	10:00 am - noon	Halifax Central Library

Heart Healthy Living – Know Your Numbers! 2-week program

Do you know your top 5 numbers for heart health? Discover ways to improve your blood pressure, cholesterol, fasting blood sugar, weight, and waist circumference.

Tuesdays – Nov 6 & 13	6:00 - 8:00 pm	Bedford/Sackville CHT – Bedford Place Mall
Mondays – Nov 19 & 26	1:30 - 3:30 pm	Dartmouth CHT – Tacoma Drive
Mondays – Nov 19 & 26	6:00 - 8:00 pm	Halifax CHT – Young Street
Tuesdays – Feb 12 & 19	1:30 - 3:30 pm	Chebucto CHT – Community Wellness Centre
Thursdays – Feb 14 & 21	1:30 - 3:30 pm	Halifax – Bethany United Church
Thursdays – Feb 21 & 28	1:30 - 3:30 pm	Bedford Hammonds Plains Community Centre
Fridays – Feb 15 & 22	10:00 am - noon	Dartmouth CHT – Tacoma Drive

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.

Thursday – October 4	9:30 am - noon	Dartmouth CHT – Tacoma Drive
Wednesday – October 10	6:00 - 8:30 pm	Sackville Heights Community Centre
Thursday – November 1	6:00 - 8:30 pm	Halifax CHT – Young Street
Monday – November 26	1:30 - 4:00 pm	Clayton Park – Keshen Goodman Library
Thursday – January 17	9:30 am - noon	Bedford/Sackville CHT – Bedford Place Mall
Wednesday – January 30	9:30 am - noon	Halifax North Memorial Library
Tuesday – February 26	1:30 - 4:00 pm	Chebucto CHT – Community Wellness Centre
Wednesday – February 27	1:00 - 3:30 pm	Dartmouth CHT – Tacoma Drive

Understand Pain

This session will explain pain; some of the changes that can occur with chronic pain and help you better understand it.

Wednesday – November 21	1:00 - 3:00 pm	North Preston Community Centre
Wednesday – November 28	6:30 - 8:30 pm	Lower Sackville – Sackville Library
Monday – January 14	1:30 - 3:30 pm	Tantallon – St. Margaret’s Centre
Friday – January 18	1:30 - 3:30 pm	Dartmouth – Cole Harbour Library
Tuesday – February 26	1:30 - 3:30 pm	Beaver Bank Kinsac Community Center



Small Step, Big Success!

Explore what motivates you and what stops you from making health changes, then develop a plan to help you achieve your goal.

Friday – September 28	10:00 - 11:00 am	Dartmouth – St. Alban’s Anglican Church
Monday – October 15	6:00 - 7:00 pm	Chebucto CHT – Community Wellness Centre
Tuesday – October 23	9:30 - 10:30 am	Bedford – St. John’s Anglican Church
Tuesday – November 6	9:00 - 10:00 am	Halifax CHT – Young Street
Thursday – November 22	6:30 - 7:30 pm	Dartmouth CHT – Tacoma Drive
Wednesday – January 23	10:00 - 11:00 am	Dartmouth CHT – Tacoma Drive
Thursday – January 31	2:00 - 3:00 pm	Halifax CHT – Young Street
Friday – February 15	9:30 - 10:30 am	Bedford/Sackville CHT – Bedford Place Mall

FOOD, NUTRITION & WEIGHT MANAGEMENT



Your Weight Your Way – A Healthier Weight For a Healthier You 12-week program

This program is for people who are trying to achieve or maintain a healthy weight. Under the guidance of health care professionals, you will take part in a group-based program that aims to help you make permanent lifestyle changes. You will learn about how nutrition, physical activity, your emotions, behaviours, and the environment affect your health. Call for more information.

A participant screening form is required at least 10 business days before the program start date.

Wednesdays – Sept 19 - Dec 5	10:00 am - noon	Dartmouth CHT – Tacoma Drive
Thursdays – Sept 20 - Dec 6	1:30 - 3:30 pm	Chebucto CHT – Community Wellness Centre
Thursdays – Sept 20 - Dec 6	9:30 - 11:30 am	Bedford/Sackville CHT – Bedford Place Mall
Wednesdays – Sept 26 - Dec 12	2:00 - 4:00 pm	Halifax CHT – Young Street
Fridays – Jan 11 - Mar 29	9:30 - 11:30 am	Halifax CHT – Young Street

Discovering Your Best Weight 4-week program

Explore strategies to help you achieve your best weight while living the healthiest lifestyle you can truly enjoy.

Tuesdays – Jan 8 - 29	6:00 - 8:00 pm	Halifax Central Library
Tuesdays – Jan 15 - Feb 5	9:30 - 11:30 am	Bedford/Sackville CHT – Bedford Place Mall
Wednesdays – Jan 30 - Feb 20	6:00 - 8:00 pm	Dartmouth CHT – Tacoma Drive
Thursdays – Jan 31 - Feb 21	1:30 - 3:30 pm	Clayton Park – Keshen Goodman Library



FOOD, NUTRITION & WEIGHT MANAGEMENT

Craving Change 4-week program

Discover why you eat the way you do and find out some tricks to change your thinking and eating!

Tuesdays – Sept 25 - Oct 16	6:00 - 8:00 pm	Bedford/Sackville CHT – Bedford Place Mall
Fridays – Oct 12 - Nov 2	10:00 am - noon	Dartmouth CHT – Tacoma Drive
Fridays – Nov 2 - 23	9:30 - 11:30 am	Halifax CHT – Young Street
Mondays – Jan 14 - Feb 4	1:30 - 3:30 pm	Bedford Hammonds Plains Community Centre
Mondays – Jan 21 - Feb 11	6:00 - 8:00 pm	Chebucto CHT – Community Wellness Centre
Tuesdays – Feb 5 - 26	1:30 - 3:30 pm	Dartmouth CHT – Tacoma Drive

Introduction to Making the Most of Your Food Dollar

Learn how to get more value and nutrition from your food dollar with meal planning, preparation, and smart shopping tips.

Tuesday – October 2	1:30 - 3:00 pm	Dartmouth – NSCC Akerley Campus
Thursday – October 11	6:00 - 7:30 pm	Halifax North Memorial Library
Wednesday – November 21	1:30 - 3:00 pm	Spryfield – Chebucto Family Centre
Wednesday – November 21	2:30 - 4:00 pm	Bedford Public Library
Friday – November 30	10:00 - 11:30 am	Dartmouth – St. Alban’s Anglican Church
Thursday – January 17	1:00 - 2:30 pm	Hatchet Lake – Prospect Community Centre
Monday – February 4	6:00 - 7:30 pm	Dartmouth CHT – Tacoma Drive
Tuesday – February 12	1:30 - 3:00 pm	Halifax – NSCC, Leeds Street
Thursday – February 14	10:00 - 11:30 am	Fall River – Gordon R. Snow Community Centre

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.

Monday – September 24	1:30 - 3:30 pm	Lower Sackville – Memory Lane Family Place
Tuesday – October 2	1:30 - 3:30 pm	Halifax – NSCC, Leeds Street
Monday – October 22	6:00 - 8:00 pm	Dartmouth CHT – Tacoma Drive
Tuesday – October 23	10:00 am - noon	Tantallon Public Library
Wednesday – November 7	6:00 - 8:00 pm	Spryfield – Captain William Spry Library
Tuesday – November 20	1:00 - 3:00 pm	Hatchet Lake – Prospect Community Centre
Monday – November 26	1:30 - 3:30 pm	Bedford/Sackville CHT – Bedford Place Mall
Monday – January 21	1:30 - 3:30 pm	Dartmouth CHT – Tacoma Drive
Thursday – February 14	10:00 am - noon	Halifax CHT – Young Street
Tuesday – February 19	9:30 - 11:30 am	Sackville Heights Community Centre





Food and Mood

Have you ever thought about the connection between what you eat and how you feel? What's good for your body is good for your mood! Join us to learn more.

Wednesday – September 19	6:30 - 8:30 pm	Dartmouth – Cole Harbour Library
Wednesday – September 26	2:00 - 4:00 pm	Clayton Park – Parkland Clayton Park
Thursday – October 4	1:30 - 3:30 pm	Bedford – Northwood Bedford Campus (Ivany Place)
Wednesday – October 10	1:30 - 3:30 pm	Spryfield – Chebucto Family Centre
Tuesday – October 16	10:00 am - noon	Tantallon Public Library
Monday – October 22	6:00 - 8:00 pm	Halifax CHT – Young Street
Tuesday – November 6	1:30 - 3:30 pm	Dartmouth – NSCC, Akerley Campus
Monday – January 28	1:30 - 3:30 pm	Halifax – TEAM Work Cooperative
Wednesday – February 13	2:30 - 4:30 pm	Bedford Public Library
Monday – February 11	1:30 - 3:30 pm	Dartmouth CHT – Tacoma Drive

Food Fads: Fact or Fiction?

Get the lowdown on the latest nutrition trends – the ketogenic diet, ideal protein diet, cleansing, intermittent fasting, and more. Learn which trends live up to their potential!

Monday – October 15	10:00 - 11:30 am	Halifax CHT – Young Street
Friday – October 19	3:00 - 4:30 pm	Lower Sackville – Sackville Library
Thursday – January 24	1:30 - 3:00 pm	Chebucto CHT – Community Wellness Centre
Monday – January 28	1:30 - 3:00 pm	Dartmouth CHT – Tacoma Drive
Wednesday – January 30	1:30 - 3:00 pm	Beaver Bank Kinsac Community Center

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 – September 17	1:30 - 3:30 pm	Bedford Hammonds Plains Community Centre
Wednesday – September 26	6:30 - 8:30 pm	Dartmouth – Woodlawn Library
Tuesday – October 16	1:30 - 3:30 pm	Eastern Passage – Tallahassee Rec Centre
Tuesday – October 23	1:30 - 3:30 pm	Hubbards – JD Shatford Public Library
Thursday – October 25	1:30 - 3:30 pm	Bedford – Northwood Bedford Campus (Ivany Place)
Monday – October 29	1:00 - 3:00 pm	Clayton Park – Keshen Goodman Library
Tuesday – November 6	6:00 - 8:00 pm	Halifax Central Library
Thursday – November 22	10:00 am - noon	Dartmouth CHT – Tacoma Drive
Tuesday – December 4	1:30 - 3:30 pm	Halifax – Northwood Manor Meeting Space
Thursday – January 24	2:00 - 4:00 pm	Dartmouth – Alderney Library
Friday – February 8	2:30 - 4:30 pm	Lower Sackville – Sackville Library
Friday – February 15	9:30 - 11:30 am	Fairview Family Resource Centre
Monday – February 25	9:30 - 11:30 am	Halifax CHT – Young Street



PHYSICAL ACTIVITY

Low Intensity 10-Week Exercise Program

This program is intended for people who are significantly limited physically by chronic health conditions (unable to walk more than 15 minutes without stopping). You will participate in gentle exercises (mostly sitting) and walk indoors at your own pace.

Classes are supervised by a physiotherapist. [Call 902-460-4560 for more information.](tel:902-460-4560)

Monday and Wednesday	afternoons	Lower Sackville – Knox United Church
Tuesday and Thursday	mornings	Clayton Park – Canada Games Centre
Tuesday and Thursday	afternoons	East Dartmouth Community Centre
Tuesday and Thursday	afternoons	Halifax – St. Antonios Community & Cultural Centre

Move to Improve

Do you live with a chronic health condition and have a low fitness level? Do you want to improve your exercise ability and motivation? This free 10-week program is delivered in collaboration with the Canada Games Centre. To qualify you should:

- have one or more chronic health conditions (example arthritis, diabetes),
- not be exercising regularly and have a low fitness level,
- be able to walk more than 20 minutes without stopping, and
- get down and up from the floor without assistance.

[Call 902-460-4560 for more information and to complete a physical activity screen.](tel:902-460-4560)

Mondays & Wednesdays		
October 1 - December 12	1:00 - 2:00 pm	Clayton Park – Canada Games Centre

Don't Hibernate. Participate!

Does your physical activity routine tend to 'cool off' with the temperatures? Join the Community Health Team to learn strategies to keep you exercising safely into the colder months. Please note that there is no physical activity in this session.

Tuesday – September 18	9:30 - 11:30 am	Bedford – St. John's Anglican Church
Thursday – October 18	2:00 - 4:00 pm	Dartmouth – Alderney Library
Friday – October 19	9:00 - 11:00 am	Clayton Park – Grace Chapel
Monday – November 5	6:00 - 8:00 pm	Bedford/Sackville CHT – Bedford Place Mall
Monday – November 26	10:00 am - noon	Eastern Passage – Tallahassee Rec Centre
Thursday – November 29	9:30 - 11:30 am	Halifax CHT – Young Street
Monday – January 7	1:30 - 3:30 pm	Halifax CHT – Young Street
Wednesday – January 16	10:00 am - noon	Tantallon Public Library

Scheduling Physical Activity Into Your Work Day!

Finding it hard to fit physical activity into your work day? You are not alone! Join us for practical ideas to start improving your workplace health. There will be no physical activity in this program.

Thursday – November 22	6:00 - 8:00 pm	Halifax CHT – Young Street
Friday – November 30	9:30 - 11:30 am	Lower Sackville – Memory Lane Family Place
Wednesday – January 30	7:00 - 8:30 pm	Lower Sackville – Sackville Library



Ready, Set, Move

Take the whole 4-week series or the sessions that interest you!

You will learn about the components of a physical activity program and practice skills in stretching, strengthening, and aerobic exercise. **A participant physical activity screen is required for sessions 1, 2, and 3.** Drop in no later than 5 business days before the program start date to complete this form.

Session 1: Introduction to Cardio Workshop

Learn and practice basic techniques for aerobic physical activity. We will also help you make an action plan and find low or no-cost physical activity resources in your community. *(Screen required)*

Friday – September 21	9:30 - 11:30 am	Bedford/Sackville CHT – Bedford Place Mall
Monday – October 15	6:00 - 8:00 pm	Chebucto CHT – Community Wellness Centre
Wednesday – October 24	10:00 am - noon	Halifax Central Library
Tuesday – November 6	6:00 - 8:00 pm	Dartmouth CHT – Tacoma Drive
Wednesday – January 16	1:00 - 3:00 pm	Chebucto CHT – Community Wellness Centre
Wednesday – January 23	1:30 - 3:30 pm	Dartmouth CHT – Tacoma Drive
Thursday – January 24	1:30 - 3:30 pm	Bedford/Sackville CHT – Bedford Place Mall
Tuesday – February 5	9:30 - 11:30 am	Halifax CHT – Young Street

Session 2: Strengthening and Core Stability Workshop

Learn and practice the basic techniques of an effective strength training program so that you can perform these exercises at home! *(Screen required)*

Friday – September 28	9:30 - 11:30 am	Bedford/Sackville CHT – Bedford Place Mall
Monday – October 22	6:00 - 8:00 pm	Chebucto CHT – Community Wellness Centre
Wednesday – October 31	10:00 am - noon	Halifax Central Library
Tuesday – November 13	6:00 - 8:00 pm	Dartmouth CHT – Tacoma Drive
Wednesday – January 23	1:00 - 3:00 pm	Chebucto CHT – Community Wellness Centre
Wednesday – January 30	1:30 - 3:30 pm	Dartmouth CHT – Tacoma Drive
Thursday – January 31	1:30 - 3:30 pm	Bedford/Sackville CHT – Bedford Place Mall
Tuesday – February 12	9:30 - 11:30 am	Halifax CHT – Young Street

Session 3: Stretching and Balance Workshop

Learn and practice the basic techniques of stretching and balancing exercises so that you can perform these exercises at home! *(Screen required)*

Friday – October 5	9:30 - 11:30 am	Bedford/Sackville CHT – Bedford Place Mall
Monday – October 29	6:00 - 8:00 pm	Chebucto CHT – Community Wellness Centre
Wednesday – November 7	10:00 am - noon	Halifax Central Library
Tuesday – November 20	6:00 - 8:00 pm	Dartmouth CHT – Tacoma Drive
Wednesday – January 30	1:00 - 3:00 pm	Chebucto CHT – Community Wellness Centre
Wednesday – February 6	1:30 - 3:30 pm	Dartmouth CHT – Tacoma Drive
Thursday – February 7	1:30 - 3:30 pm	Bedford/Sackville CHT – Bedford Place Mall
Tuesday – February 19	9:30 - 11:30 am	Halifax CHT – Young Street



PHYSICAL ACTIVITY

SESSION 4: Sit Less for Good Health (Continued from Page 9)

Join us as we uncover the impact of sitting on health and discuss strategies to build more light physical activity into your day. (NO physical activity screen required)

Friday – October 12	9:30 - 11:30 am	Bedford/Sackville CHT – Bedford Place Mall
Monday – November 5	6:00 - 8:00 pm	Chebucto CHT – Community Wellness Centre
Wednesday – November 14	10:00 am - noon	Halifax Central Library
Tuesday – November 27	6:00 - 8:00 pm	Dartmouth CHT – Tacoma Drive
Wednesday – February 6	1:00 - 3:00 pm	Chebucto CHT – Community Wellness Centre
Wednesday – February 13	1:30 - 3:30 pm	Dartmouth CHT – Tacoma Drive
Thursday – February 14	1:30 - 3:30 pm	Bedford/Sackville CHT – Bedford Place Mall
Tuesday – February 26	9:30 - 11:30 am	Halifax CHT – Young Street



EMOTIONAL WELLNESS

Discover Your Strengths

Discover your character strengths through activities and learn the benefits of applying them in life situations.

Wednesday – October 3	1:30 - 3:30 pm	Lawrencetown – Good Shepherd Church
Thursday – November 1	6:00 - 8:00 pm	Dartmouth CHT – Tacoma Drive
Monday – November 19	1:30 - 3:30 pm	Halifax – TEAM Work Cooperative
Friday – November 23	9:30 - 11:30 am	Fairview Family Resource Centre
Friday – November 23	9:30 - 11:30 am	Lower Sackville – Memory Lane Family Place
Wednesday – January 8	2:30 - 4:30 pm	Bedford Public Library
Monday – February 4	1:30 - 3:30 pm	Dartmouth CHT – Tacoma Drive
Monday – February 11	6:00 - 8:00 pm	Chebucto CHT – Community Wellness Centre
Wednesday – February 13	9:30 - 11:30 am	Halifax CHT – Young Street

First Things First: Time Management

Do you feel like there are not enough hours in your day? Learn tips and tools to achieve a better life balance.

Tuesday – September 25	9:30 - 11:30 am	Bedford – St. John’s Anglican Church
Wednesday – October 17	6:00 - 8:00 pm	Halifax CHT – Young Street
Wednesday – October 17	6:30 - 8:30 pm	Dartmouth – Cole Harbour Library
Thursday – January 10	1:00 - 3:00 pm	Clayton Park – Keshen Goodman Library
Tuesday – January 15	1:30 - 3:30 pm	Bedford/Sackville CHT – Bedford Place Mall
Tuesday – January 29	1:30 - 3:30 pm	Chebucto CHT – Community Wellness Centre
Wednesday – February 27	10:00 am - noon	Eastern Passage – Tallahassee Rec Centre



NEW Free Time and You: Try Something New

Do you have time and want to try something new? Do you want to talk about what leisure means for you? We invite you to sample a leisure activity in partnership with our local community groups. No experience necessary. **Please contact your team for more information.**

Preparing A Garden For Winter: Fall Gardening Tasks

Wednesday – September 26 5:00 - 7:00 pm Cole Harbour Heritage Farm Museum

Chair Yoga

Thursday – October 18 9:30 - 11:30 am Bedford – Northwood Bedford Campus (Ivany Place)

Table Top Role Playing Games

Wednesday – January 30 6:00 - 8:00 pm Halifax Central Library

NEW Positive Aging: Healthy Living 4-week program

Do you want to learn how to take steps to become healthier? This 4-week program will focus on 5 key actions: staying socially and physically active, taking care of your mental health, learning new things, and positive thinking.

Fridays – October 19 - November 9 9:30 - 11:30 am Bedford/Sackville CHT – Bedford Place Mall

Mondays – January 7 - 28 10:00 am - noon Chebucto CHT – Community Wellness Centre

Tuesdays – February 5 - 26 10:00 am - noon Halifax Central Library

Tuesdays – February 5 - 26 10:00 am - noon Dartmouth CHT – Tacoma Drive

How to Speak Assertively 4-week program

You will learn how to say your opinions, needs, and feelings in an open, honest and direct way by participating in group activities, discussions, role plays, and practicing at home.

Thursdays – Sept 27 - Oct 18 6:00 - 8:00 pm Bedford/Sackville CHT – Bedford Place Mall

Wednesdays – Oct 24 - Nov 14 1:30 - 3:30 pm Dartmouth CHT – Tacoma Drive

Tuesdays – Nov 6 - 27 6:00 - 8:00 pm Halifax CHT – Young Street

Tuesdays – Jan 8 - 29 1:30 - 3:30 pm Dartmouth CHT – Tacoma Drive

Tuesdays – Jan 15 - Feb 5 10:00 am - noon Chebucto CHT – Community Wellness Centre

Fridays – Jan 18 - Feb 8 9:30 - 11:30 am Bedford/Sackville CHT – Bedford Place Mall

Introduction to Take Charge of Your Stress

Understand and explore a variety of stress management techniques and make a plan for how to make these strategies work in your life.

Wednesday – October 3 9:30 - 11:30 am Halifax – Bethany United Church

Thursday – November 8 1:30 - 3:30 pm Bedford – Northwood Bedford Campus (Ivany Place)

Thursday – November 29 1:30 - 3:30 pm Tantallon – St. Margaret's Centre

Tuesday – December 4 10:00 am - noon Dartmouth CHT – Tacoma Drive

Tuesday – January 8 1:30 - 3:30 pm Halifax CHT – Young Street

Wednesday – January 30 9:00 - 11:00 am Clayton Park – Grace Chapel

Thursday – February 7 9:30 - 11:30 am Fall River – Gordon R. Snow Community Centre



EMOTIONAL WELLNESS

Take Charge of Your Stress 4-week program

Over the 4 weeks of this program, you will learn and practice skills, while working on a plan to take charge of your stress today and in the future.

Tuesdays – October 2 - 23	6:00 - 8:00 pm	Dartmouth CHT – Tacoma Drive
Fridays – October 5 - 26	10:00 am - noon	Halifax CHT – Young Street
Tuesday – November 6 - 27	9:30 - 11:30 am	Fall River – St. John’s United Church
Tuesdays – January 15 - February 5	1:30 - 3:30 pm	Halifax – NSCC, Leeds Street
Tuesdays – January 29 - February 19	1:30 - 3:30 pm	Bedford/Sackville CHT – Bedford Place Mall
Thursdays – February 7 - 28	2:00 - 4:00 pm	Dartmouth – Cole Harbour Library
Thursdays – February 7 - 28	6:00 - 8:00 pm	Chebucto CHT – Community Wellness Centre

Mental Health First Aid Canada: Adults Interacting with Youth 4-Week Program (IWK)

Mental Health First Aid is help provided to a person developing a mental health problem or experiencing a mental health crisis. To become a Mental Health First Aider and receive a certificate of completion, attendance at all 4 sessions is required.

Tuesdays from 1:00 - 4:30 pm — Oct 23 - Nov 13

Halifax – NSCC Leeds Street Campus



PARENTING

PARENTS: Please have your child’s health card number when you are calling to register for parenting programs.

NEW

Handle with Care 6-week program (IWK)

This program is designed to help parents and caregivers promote the mental health of young children from birth to 6 years old. Topics include: trust and healthy attachment, promoting self-care and self-esteem, expressing emotions, and building relationships with others. **Free childcare is available.**

Wednesdays – Nov 7 - Dec 12	9:30 - 11:30 am	Spryfield – Chebucto Family Centre
Mondays – Jan 7 - Feb 11	9:30 - 11:30 am	Lower Sackville – Memory Lane Family Place

Incredible Years 14-Week Pre-School Parenting Program (IWK)

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. **Childcare is available.**

Thursdays – Sept 20 - Dec 20	5:30 - 7:30 pm	Dartmouth Child Development Centre
Wednesdays – Jan 16 - Apr 17	9:30 - 11:30 am	Spryfield – Chebucto Family Centre



Incredible Years 12-Week Parenting Program (IWK)

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. **Childcare is available unless otherwise specified.**

Tuesdays – Sept 25 - Dec 11	6:00 - 8:00 pm	Spryfield – YWCA
Tuesdays – Sept 25 - Dec 11	6:00 - 8:00 pm	Lower Sackville – Boys & Girls Club
Wednesdays – Sept 26 - Dec 12	9:30 - 11:30 am	Dartmouth – South Woodside Elementary School No childcare
Wednesdays – Nov 7 - Feb 6 No session Dec 26 & Jan 2	6:30 - 8:30 pm	Halifax – Veith House
Tuesdays – Jan 22 - Apr 16 No session Mar 19	6:00 - 8:00 pm	Lower Sackville – Boys & Girls Club
Thursdays – Jan 24 - Apr 18 No session Mar 21	6:30 - 8:30 pm	Dartmouth – Cole Harbour Boys & Girls Club

My Child is Anxious. Should I Worry? 2-week program (IWK)

Learn how to identify early signs of anxious feelings in your children and skills to help them manage everyday anxiety.

Wednesdays – October 17 & 24	6:00 - 8:00 pm	St. Margaret’s Bay Elementary School
Fridays – February 1 & 8	9:30 - 11:30 am	Dartmouth CHT – Tacoma Drive

Parenting Your Teenager – Walking the Middle Path (In collaboration with IWK Mental Health)

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

Saturday – November 17	9:00 am - 4:30 pm	East Preston Family Centre
Saturday – January 26	9:00 am - 4:30 pm	Chebucto CHT – Community Wellness Centre

NEW

Parent Wellness Series 4-week program (IWK)

This program begins with “My Child is Anxious. Should I Worry?” A 2-week program to help parents learn to identify early signs of anxious feelings in their children and skills to help them manage everyday anxiety. The next two weeks focus on adult stress and adult sleep concerns and their impact on parenting. **Registration for all 4 sessions is required.**

Wednesdays – Oct 10 -31	9:30 - 11:30 am	Halifax – Bayers Westwood Family Resource Centre Childcare available
Mondays – Nov 19 - Dec 10	6:00 - 8:00 pm	Mount Uniacke – Uniacke District School





PARTNER PROGRAMS

The Community Health Team provides free space to community groups to offer their programs and services. The following programs are offered by these partners. **For more information or to register, please refer to the contact information below.**

Beginners Yoga 4-Week Program — Halifax Yoga

Explore the power and strength in your body as you discover the healing practice of yoga. Limited mats available. **Registration is on a first-come, first-served basis the first day of each 4-week session.**

Come on Tuesdays, Nov 6 - 27 or Wednesdays, Feb 6 - 27 from 10:00 - 11:00 am at the Dartmouth CHT.

Caregiver Support — Caregivers Nova Scotia Association

Do you care for a family member or friend? This peer support group offers a confidential, friendly atmosphere for you to talk with other caregivers. **Please call 902-421-7390 to register.**

Wednesdays from 1:00 - 3:00 pm

Sept 5, 19, Oct 3, 17, Nov 7, 21, Dec 5, 19, Jan 2, 16, Feb 6, 20 East Dartmouth Community Centre

Wednesdays from 4:00 - 6:00 pm

Sept 12, Oct 10, Nov 14, Dec 12, Jan 9, & Feb 6 Bedford/Sackville CHT – Bedford Place Mall

Thursdays from 2:00 - 4:00 pm

Sept 13, Oct 11, Nov 8, Dec 13, Jan 10, & Feb 14 Halifax CHT – Young Street

Tuesdays from 1:00 - 3:00 pm

Sept 18, Oct 16, Nov 20, Dec 18, Jan 15, & Feb 19 Chebucto CHT – Community Wellness Centre

Chronic Pain Self-Help Support Group — Metro Pain Pals

The goal of this group is to share positive coping skills for chronic pain sufferers: share, socialize, contribute and receive support. **Email therese@chebucto.ns.ca or call 902-435-3456.**

Mondays from 6:30 - 8:30 pm

Sept 17, Oct 15, Nov 5, Dec 3, Jan 14 & Feb 11 Dartmouth CHT – Tacoma Drive

Collaborative Family Law (CFL): A Healthier Way for Couples to Separate/Divorce — The Association of Collaborative Family Law Professionals of Nova Scotia

Learn how the collaborative team – legal, mental health, and financial professionals – help couples through the process of separation to achieve solutions a court may not consider. **No need to register.**

Wednesday – September 19 6:30 - 8:00 pm Bedford/Sackville CHT – Bedford Place Mall

Thursday – November 15 6:30 - 8:00 pm Halifax CHT – Young Street

Wednesday – January 16 6:30 - 8:00 pm Bedford/Sackville CHT – Bedford Place Mall

Thursday – February 7 6:30 - 8:00 pm Dartmouth CHT – Tacoma Drive

Connections That Work — The Public Good Society

If you are looking for employment, education or housing assistance in Dartmouth, Community Outreach Facilitator Kevin Little may be able to help. **Make an appointment by calling 902-476-0785.**

PARTNER PROGRAMS



Noon Meditation — Meditate Canada / Art of Living Foundation

Experience guided meditation including introduction to various techniques and how to practice on your own. Attend one or all session(s). **For information, call Yvonne Macor 902-431-0111.**

Mondays from noon - 1:00 pm

Sept 10 - Dec 10 & Jan 7 - Feb 11

No class: Oct 8, Nov 12 or Feb 18

Make-up classes: Oct 9, Nov 13, & Feb 19

Chebucto CHT – Community Wellness Centre

Nutrition Label Reading Tour — Sobeys Registered Dietitian

Learn how to translate nutrition messages into real food choices, then tour the Tacoma Drive Sobeys to practice your new label-reading skills. **Register at 902-477-6159 or email caroline.black@sobeys.com.**

Thursday – Sept 27 or Jan 24

6:00 - 8:00 pm

Dartmouth CHT – Tacoma Drive

Ostomy Support Group — Ostomy Halifax Society

This group offers a confidential and friendly meeting place for those affected by ostomy surgery to share experiences and coping skills. **Please call Irene at 902-473-0414 to register.**

Wednesday – September 26

1:00 - 3:00 pm

Bedford/Sackville CHT – Bedford Place Mall

Wednesday – October 24

1:00 - 3:00 pm

Chebucto CHT – Community Wellness Centre

Wednesday – November 28

1:00 - 3:00 pm

East Dartmouth Community Centre

Wednesday – January 30

1:00 - 3:00 pm

Halifax CHT – Young Street

Pain Self-Management 5-Week Program — Rehabilitation & Supportive Care

Services, Nova Scotia Health Authority

This 5-week program introduces people experiencing chronic pain to strategies to better manage pain and to improve their daily functioning. **To register, call Patti Pattenden at 902-473-5471.**

Tuesdays from 2:00 - 4:15 pm — Sept 18 to Oct 16

Dartmouth CHT – Tacoma Drive

Personal Directive: What is it and how do I create one?

— Inspired COPD Outreach Program, Nova Scotia Health Authority

Advance care planning asks us to think about who should make our health-related decisions when we can no longer do so ourselves. **To register, call Darcy Gillis at 473-5047.**

Wednesday – September 19

1:00 - 3:00 pm

Bedford/Sackville CHT – Bedford Place Mall

Wednesday – October 10

1:00 - 3:00 pm

Chebucto CHT – Community Wellness Centre

Tuesday – November 6

1:00 - 3:00 pm

Halifax CHT – Young Street

Tuesday – November 20

1:00 - 3:00 pm

Dartmouth CHT – Tacoma Drive

Scents and Sensitivity: Managing Multiple Chemical Sensitivity and Your Health

— Integrated Chronic Care Service, Nova Scotia Health Authority

This is a **strictly scent-free** support group for people with Multiple Chemical Sensitivity looking to learn about this chronic condition and strategies for self management. **No registration required.**

Thursdays from 6:00 - 7:00 pm

Sept 20, Oct 18, Nov 15, Dec 20, Jan 17, & Feb 21

Dartmouth CHT – Tacoma Drive



PARTNER PROGRAMS

Screening: Babies' First Step to a Healthy Life

Maritime Newborn Screening Program — IWK

Come learn about this simple blood test that every child in Canada has access to. **Register with Rachel at 902-470-7560 or Rachel.Mador-House@iwk.nshealth.ca.**

Friday – October 19	2:30 - 3:30 pm	Halifax CHT – Young Street
Monday – February 4	1:00 - 2:00 pm	Halifax CHT – Young Street

Understanding Hearing Loss — Connect Hearing

Join us to learn more about hearing loss, what can be done to help and even receive a free hearing screening on site. **Register by email at kaitlyn.doucette@connecthearing.ca.**

Friday – September 21	1:30 - 3:30 pm	Bedford/Sackville CHT – Bedford Place Mall
Friday – October 12	1:30 - 3:30 pm	Dartmouth CHT – Tacoma Drive
Friday – November 16	1:30 - 3:30 pm	Chebucto CHT – Community Wellness Centre
Friday – January 18	1:30 - 3:30 pm	Halifax CHT – Young Street
Friday – February 22	1:30 - 3:30 pm	Bedford/Sackville CHT – Bedford Place Mall

Your Way to Wellness — Primary Health Care, Nova Scotia Health Authority

A 6-week program led by trained peers to help people with ongoing health conditions learn skills for living a healthy life. For a complete list of up to date workshops, **visit www.yourwaytowellness.ca.**



COMMUNITY LOCATIONS

Chebucto CHT (Halifax Mainland) — 16 Dentith Road, Halifax

CLAYTON PARK	<ul style="list-style-type: none"> • Canada Games Centre — 26 Thomas Raddall Drive • Grace Chapel — 255 Ross Street • Keshen Goodman Library — 330 Lacewood Drive • Parkland — 118 Fairfax Drive
FAIRVIEW	<ul style="list-style-type: none"> • Fairview Family Resource Centre — 6 Titus Street
HATCHET LAKE	<ul style="list-style-type: none"> • Prospect Road Community Centre — 2141 Prospect Road
SPRYFIELD	<ul style="list-style-type: none"> • Captain William Spry Public Library — 16 Sussex Street • Chebucto Family Centre — 3 Sylvia Avenue • YWCA Halifax — 358 Herring Cove Road NEW
TANTALLON	<ul style="list-style-type: none"> • St. Margaret's Centre — 12 Westwood Boulevard, Upper Tantallon • Tantallon Library — 3646 Hammonds Plains Road (Hubley Centre)
TIMBERLEA	<ul style="list-style-type: none"> • Lakeside Community Centre — 1492 St. Margaret's Bay Road
HUBBARDS	<ul style="list-style-type: none"> • J.D. Shatford Public Library — 10353 St. Margaret's Bay Road
ST. MARGARET'S BAY	<ul style="list-style-type: none"> • St. Margaret's Bay Elementary School — 24 Ridgewood Drive NEW



Bedford/Sackville CHT — Bedford Place Mall – 1658 Bedford Highway

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| BEAVER BANK | • Beaver Bank Kinsac Community Centre — 1583 Beaver Bank Road |
| BEDFORD | • Bedford Hammonds Plains Community Centre — 202 Innovation Drive |
| | • Bedford Public Library — 15 Dartmouth Road |
| | • St. John's Anglican Church — 2187 Larry Uteck Boulevard |
| | • Northwood, Bedford Campus (Ivany Place) — 123 Gary Martin Drive |
| FALL RIVER | • St. John's United Church — 3360 Highway #2, Fall River |
| SACKVILLE | • Knox United Church — 567 Sackville Drive |
| | • Sackville Public Library — 636 Sackville Drive |
| | • Memory Lane Family Place — 22 Memory Lane |
| | • Boys & Girls Club: Sackville Heights Community Centre — 45 Connolly Road |
| | • Sackville Heights Community Centre — 45 Connolly Road |
| | • Vineyard Ministry Centre — 1129 Sackville Drive |
| MOUNT UNIACKE | • Uniacke District School — 551 Highway #1 NEW |

Dartmouth CHT — 58 Tacoma Drive

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| COLE HARBOUR | • Public Library — 51 Forest Hills Parkway |
| | • Boys & Girls Club — 50 Ritcey Crescent |
| | • Heritage Farm Museum — 471 Poplar Drive NEW |
| DARTMOUTH | • Alderney Public Library — 60 Alderney Drive |
| | • Child Development Centre — 61 Boland Avenue |
| | • East Dartmouth Community Centre — 50 Caledonia Road |
| | • NSCC Akerley Campus — 21 Woodlawn Road NEW |
| | • South Woodside Elementary — 5 Everette Street |
| | • St. Alban's Anglican Church — 345 Pleasant Street |
| | • Woodlawn Public Library — 31 Eisener Boulevard |
| EASTERN PASSAGE | • Tallahassee Community Centre — 168 Redoubt Way |
| EAST PRESTON | • East Preston Family Centre — 1900 Highway 7 NEW |
| LAWRENCETOWN | • Good Shepherd Church — 3621 Lawrencetown Road |
| NORTH PRESTON | • North Preston Community Centre — 44 Simmonds Road NEW |

Halifax Peninsula CHT — 6080 Young Street (Suite 105)

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| HALIFAX | • Bayers Westwood Family Resource Centre — 3499 McAlpine Avenue |
| | • Bethany United Church — 7171 Clinton Avenue NEW |
| | • Halifax North Memorial Library — 2285 Gottingen Street |
| | • Halifax Central Library — 5440 Spring Garden Road |
| | • Northwood (Manor Meeting Space) — 2615 Northwood Terrace |
| | • Nova Scotia Community College (NSCC) — 5685 Leeds Street |
| | • St. Antonios Community & Cultural Centre — 6141 Chebucto Road |
| | • TEAM Work Cooperative — 7051 Bayers Road, Suite 501 |
| | • Veith House — 3115 Veith Street |

LEARN MORE AND CONNECT WITH US

 www.CommunityHealthTeams.ca  [@communityhealthteams](https://www.facebook.com/communityhealthteams)  [@CHTs_NSHA](https://twitter.com/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.

Where is MY Community Health Team?

BEDFORD/SACKVILLE

Bedford Place Mall – 1658 Bedford Highway

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

DARTMOUTH

58 Tacoma Drive

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

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, and Hubley.

HALIFAX PENINSULA

6080 Young Street (Suite 105)

Serving downtown, north-end, south-end, and west-end Halifax.

* See page 19 for a list of our **COMMUNITY LOCATIONS** with addresses.