

Spring-Summer 2024



in PARTNERSHIP with



Free Health & Wellness Programs

CommunityHealthTeams.ca

902-460-4560

Community Health Teams 

Program Information



Please ask about accessibility and interpretation services.

To register and for program descriptions, visit www.CommunityHealthTeams.ca

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 the greater Halifax area age 18 and older with a valid NS health card (unless otherwise indicated in the program description). If you do not have a health card, please call 902-460-4560 to enquire about group programs you may attend.

Program Descriptions and How to Register

Registration is required for all programs. You can register for most programs online at www.CommunityHealthTeams.ca or by calling 902-460-4560. Please make sure you press 1 for Bedford/Sackville, 2 for Chebucto, 3 for Dartmouth and 4 for Halifax.

Find a Program

| | | |
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Wellness 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?

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, Online Zoom or in person. **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.



Hearing from the communities we work with is important to us! Please visit: YourVoiceMattersCHT.ca to complete our survey.





Reducing Your Health Risks

Health Goal Coaching

Want to learn how to set health goals? 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) to get more information.

Ideas Into Action. Small Steps. Big Success!

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

| | | | |
|-------------------------|----------------|---------------------------|--|
| Thursday, Mar 28 | 10:00-11:30 am | Woodlawn Public Library | Click here to Register |
| Monday, Apr 29 | 1:00-2:30 pm | Spryfield Wellness Centre | Click here to Register |
| Tuesday, May 28 | 1:00-2:30 pm | Bedford CHT | Click here to Register |
| Thursday, May 30 | 10:00-11:30 am | Halifax CHT | Click here to Register |

Visit HealthyNS.ca 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. You **must attend** the session *Ideas into Action. Small Steps, Big Success* before registering for this session.

| | | | |
|--------------------------|----------------|---------------------------|--|
| Friday, May 3 | 10:00-11:30 am | Dartmouth CHT | Click here to Register |
| Monday, May 6 | 1:00-2:30 pm | Spryfield Wellness Centre | Click here to Register |
| Thursday, June 27 | 10:00-11:30 am | Halifax CHT | Click here to Register |
| Tuesday, July 9 | 9:30-11:00 am | Bedford CHT | Click here to Register |

Visit HealthyNS.ca to view an interactive recording of this session.



Reducing Your Health Risks

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 your pain. Attendance the first week of the series is required.

| | | | |
|--------------------------------------|--------------|---------------------|--|
| Wednesdays, Mar 27-Apr 10 | 6:00-7:15 pm | Online Zoom Program | Click here to Register |
| Fridays, May 24-June 7 | noon-1:15 pm | Online Zoom Program | 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.

| | | | |
|---------------------------------|----------------|--|--|
| Thursday, Apr 11 | 6:00-8:30 pm | Bedford CHT | Click here to Register |
| Fridays, Apr 5-19 | noon-1:15 pm | Online Zoom Program | Click here to Register |
| Wednesday, Apr 24 | 1:00-3:30 pm | Dartmouth CHT | Click here to Register |
| Thursday, May 9 | 5:30-8:00 pm | Halifax CHT | Click here to Register |
| Monday, May 13 | 2:00-4:30 pm | JD Shatford Memorial Public Library | Click here to Register |
| Thursday June 6 | 1:30-4:00 pm | Keshen Goodman Public Library | Click here to Register |
| Tuesdays, June 25-July 9 | 10:00-11:15 am | Online Zoom Program | Click here to Register |
| Tuesday, June 25 | 1:30-4:00 pm | Halifax Central Library | Click here to Register |
| Wednesday, June 26 | 9:00-11:30 am | Sackville Heights Community Center | Click here to Register |
| Thursday, June 27 | 9:30-noon | Cole Harbour Public Library | Click here to Register |



Reducing Your Health Risks

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 discover other tips to get a better sleep.

| | | | |
|--------------------------|---------------|-------------------------------------|--|
| Tuesday, Mar 26 | 9:30-11:30 am | Bedford CHT | Click here to Register |
| Wednesday, Mar 27 | 1:30-3:30 pm | Dartmouth CHT | Click here to Register |
| Thursday, Mar 28 | 1:30-3:30 pm | Spryfield Wellness Centre | Click here to Register |
| Monday, Apr 8 | 6:00-8:00 pm | St. Andrews Community Centre | Click here to Register |
| Wednesday, May 15 | 10:00-noon | Halifax CHT | Click here to Register |
| Tuesday, June 4 | 6:30-8:30 pm | Woodlawn Public Library | Click here to Register |
| Monday, June 10 | 2:00-4:00 pm | JD Shatford Memorial Public Library | Click here to Register |
| Thursday, July 4 | 1:30-3:30 pm | Beaver Bank Kinsac Community Center | Click here to Register |
| Wednesday, Aug 28 | 9:30-11:30 am | Bedford CHT | 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.

| | | | |
|----------------------------------|---------------|-----------------------------|--|
| Wednesdays, Mar 27-Apr 17 | 9:30-11:30 am | Bedford CHT | Click here to Register |
| Thursdays, Apr 4-25 | 9:30-11:30 am | Cole Harbour Public Library | Click here to Register |
| Mondays, Apr 8-29 | 6:00-8:00 pm | Spryfield Wellness Centre | Click here to Register |
| Thursdays, May 9-30 | 6:00-8:00 pm | Bedford CHT | Click here to Register |
| Mondays, June 3-24 | 1:30-3:30 pm | Dartmouth CHT | Click here to Register |
| Wednesdays, June 5-26 | 1:30-3:30 pm | Halifax CHT | Click here to Register |
| Thursdays, June 6-27 | 1:30-3:30 pm | Spryfield Wellness Centre | Click here to Register |



Healthy Eating

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 19 | 10:00-11:00 am | Cole Harbour Public Library | Click here to Register |
| Wednesday, Apr 10 | 1:30-2:30 pm | Bethany United Church | Click here to Register |
| Friday, Apr 26 | 10:00-11:00 am | Bedford CHT | Click here to Register |
| Thursday, May 20 | 1:00-3:00 pm | Captain William Spry Public Library | Click here to Register |
| Thursday, June 13 | 1:30-2:30 pm | Dartmouth CHT | Click here to Register |
| Monday, June 17 | 10:30-11:30 am | Halifax CHT | Click here to Register |
| Thursday, June 20 | 6:00-7:00 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.

| | | | |
|------------------------------------|---------------|--|--|
| Thursday, Mar 21 | 9:30-11:30 am | Bedford CHT | Click here to Register |
| Thursday, Mar 21 | 1:30-3:30 pm | Dartmouth CHT | Click here to Register |
| Monday, Mar 25 | 10:00-noon | Halifax CHT | Click here to Register |
| Tuesday, Apr 9 | 2:00-4:00pm | Salvation Army Fairview | Click here to Register |
| Monday, May 6 | 10:00-noon | Woodlawn Public Library | Click here to Register |
| Tuesday, May 14 | 9:30-11:30 am | Bedford CHT | Click here to Register |
| Wednesdays, May 15 & 22 | 6:00-7:15 pm | Online Zoom Program | Click here to Register |
| Monday, June 3 | 10:00-noon | Spryfield Wellness Centre | Click here to Register |
| Thursday, June 6 | 6:00-8:00 pm | Nova Scotia Community College (Leeds St) | Click here to Register |
| Wednesday, July 10 | 10:00-noon | Dartmouth CHT | Click here to Register |
| Monday, Aug 12 | 2:00-4:00 pm | JD Shatford Memorial Public Library | Click here to Register |
| Wednesday, Aug 21 | 1:30-3:30 pm | Bedford CHT | Click here to Register |



Healthy Eating

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!

| | | | |
|--------------------------|---------------|--------------------------------|--|
| Wednesday, Mar 27 | 5:30-7:30 pm | Dartmouth North Public Library | Click here to Register |
| Friday, Apr 19 | 2:00-4:00 pm | Bedford Public Library | Click here to Register |
| Monday, May 27 | 6:00-8:00 pm | Halifax CHT | Click here to Register |
| Thursday, May 30 | 9:30-11:30 am | Woodlawn Public Library | Click here to Register |
| Thursday, June 13 | 9:30-11:30 am | Bedford CHT | Click here to Register |
| Monday, June 17 | 1:30-3:30 pm | Spryfield Wellness Centre | Click here to Register |

Eat Well, Age Well – 2 week program

Healthy eating is important at any age, but it plays a key role in promoting physical and emotional wellness as you get older. Come learn about key nutrients, foods, and habits to help you eat well as you age.

| | | | |
|------------------------------------|---------------|---------------------------|--|
| Wednesdays, Apr 3 & 10 | 1:30-3:30 pm | Dartmouth CHT | Click here to Register |
| Wednesdays, Apr 10 & 17 | 1:30-3:30 pm | Spryfield Wellness Centre | Click here to Register |
| Mondays, Apr 22 & 29 | 6:00-8:00 pm | Halifax CHT | Click here to Register |
| Tuesdays, Apr 23 & 30 | 9:30-11:30 am | Bedford CHT | Click here to Register |
| Wednesdays, May 15 & 22 | 6:00-8:00 pm | Woodlawn Public Library | Click here to Register |
| Tuesdays, June 11 & 18 | 10:00-noon | Canada Games Centre | Click here to Register |
| Mondays, June 17 & 24 | 1:30-3:30 pm | Bedford CHT | Click here to Register |

Beyond Weight. Shifting Focus to Health – 11 Week Program

This program supports you to shift focus away from weight as a measure of your health. In this interactive virtual group we will explore how to make lasting change in the areas of nutrition, physical activity and mental well-being. We will discuss the complexities of weight and learn strategies to support change. This program does not focus on “dieting” and individualized meal plans will not be provided. Each week you will set your own goals and make a plan to achieve them. All participants will receive an intake call prior to the start of the program to ensure this is the right program for you. **Please note:** Introduction to Beyond Weight is **not** a pre-requisite to attend this program.

| | | | |
|--------------------------------|--------------|---------------------|--|
| Tuesdays, Apr 9-June 25 | noon-1:00 pm | Online Zoom Program | Click here to Register |
|--------------------------------|--------------|---------------------|--|



Introduction to Beyond Weight

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. We will explore the many factors that influence weight, expectations for weight loss, and strategies to support your health and wellness.

| | | | |
|-------------------------|---------------|---------------------------|--|
| Monday, Mar 18 | 1:00-3:30 pm | Online Zoom Program | Click here to Register |
| Monday, Apr 8 | 1:30-3:30 pm | John W. Lindsay YMCA | Click here to Register |
| Tuesday, Apr 9 | 9:30-11:30 am | Bedford CHT | Click here to Register |
| Tuesday, Apr 24 | 10:00-noon | Tantallon Public Library | Click here to Register |
| Thursday, May 2 | 1:30-3:30 pm | Dartmouth CHT | Click here to Register |
| Tuesday, May 7 | 10:00-noon | Spryfield Wellness Centre | Click here to Register |
| Thursday, June 6 | 1:30-3:30 pm | Bedford CHT | Click here to Register |
| Tuesday, July 9 | 6:00-8:00 pm | Woodlawn Public Library | Click here to Register |

Beginners Guide to Plant-Based Eating

Are you interested in making plant-based meals but you're unsure where to start? In this session, we will explore the benefits of plant-based eating and how to incorporate plant foods in a simple and cost-effective way.

| | | | |
|--------------------------|---------------|-------------------------------------|--|
| Monday, Mar 25 | noon-1:15 pm | Online Zoom Program | Click here to Register |
| Tuesday, Apr 2 | 1:30-3:30 pm | Dartmouth CHT | Click here to Register |
| Thursday, Apr 18 | 6:00-8:00 pm | Bedford CHT | Click here to Register |
| Thursday, Apr 25 | 5:30-7:30 pm | Spryfield Wellness Centre | Click here to Register |
| Monday, May 6 | 1:30-3:30 pm | Bethany United Church | Click here to Register |
| Wednesday, May 22 | 1:30-3:30 pm | Bedford CHT | Click here to Register |
| Thursday, June 6 | 10:00-noon | Woodlawn Public Library | Click here to Register |
| Tuesday, July 23 | 1:30-3:30 pm | Spryfield Wellness Centre | Click here to Register |
| Tuesday, Aug 20 | 9:30-11:30 am | Beaver Bank Kinsac Community Center | 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 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.

| | | | |
|---------------------------|---------------|---|--|
| Thursday, Apr 4 | 9:30-11:30 am | Bedford CHT | Click here to Register |
| Wednesday, May 1 | 1:30-3:30 pm | Dartmouth CHT | Click here to Register |
| Monday, May 6 | 6:00-8:00 pm | Nova Scotia Community College (Leeds St) | Click here to Register |
| Wednesday, May 8 | 10:00-noon | Spryfield Wellness Centre | Click here to Register |
| Tuesday, May 21 | 5:30-7:30 pm | Sackville Public Library | Click here to Register |
| Wednesday, June 5 | 2:00-4:00 pm | Sunflower by Adsum (Lakeside) | Click here to Register |
| Wednesday, June 5 | 5:30-7:30 pm | Dartmouth North Public Library | Click here to Register |
| Thursday, June 13 | 10:00-noon | Halifax CHT | Click here to Register |
| Wednesday, June 26 | noon-1:15 pm | Online Zoom Program | Click here to Register |
| Monday, Aug 19 | 9:30-11:30 am | Bedford CHT | Click here to Register |
| Monday, Aug 26 | noon-1:15 pm | Online Zoom Program | Click here to Register |
| Tuesday, Aug 27 | 9:30-11:30 am | Cole Harbour Public Library | Click here to Register |

Be Good to Your Gut

Did you know that 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.

| | | | |
|-------------------------|---------------|------------------------------|--|
| Tuesday Mar 26 | 1:30-3:30 pm | Dartmouth CHT | Click here to Register |
| Tuesday, Mar 26 | 5:30-7:30 pm | Sackville Public Library | Click here to Register |
| Thursday, Apr 11 | 6:00-8:00 pm | Halifax CHT | Click here to Register |
| Monday, May 6 | 9:30-11:30 am | Bedford CHT | Click here to Register |
| Wednesday, May 8 | 1:30-3:30 pm | Dartmouth CHT | Click here to Register |
| Tuesday, May 28 | 10:00-noon | Canada Games Centre | Click here to Register |
| Tuesday, June 19 | 10:00-noon | Spryfield Wellness Centre | Click here to Register |
| Monday, June 24 | 10:00-noon | St. Andrews Community Centre | Click here to Register |
| Thursday, Aug 22 | 10:00-noon | Woodlawn Public Library | 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.

| | | | |
|-------------------------|----------------|--------------------------------|--|
| Wednesday, Apr 3 | 1:30-3:00 pm | TEAM Work Cooperative | Click here to Register |
| Monday, Apr 8 | 10:00-11:30 am | Dartmouth CHT | Click here to Register |
| Tuesday, Apr 16 | 5:30-7:30 pm | Spryfield Wellness Centre | Click here to Register |
| Thursday, May 2 | 1:30-3:00 pm | Bedford CHT | Click here to Register |
| Wednesday, May 8 | 10:00-11:30 am | Halifax North Memorial Library | Click here to Register |
| Tuesday, June 25 | 6:30-8:00 pm | Woodlawn Public Library | Click here to Register |
| Monday, July 8 | noon-1:15 pm | Online Zoom Program | Click here to Register |
| Tuesday, Aug 27 | 9:30-11:00 am | Bedford CHT | Click here to Register |

Understand Food Labels

Nutrition label reading made easy! You will learn to understand the numbers on food labels and practice your skills with real food examples. Learn to focus on nutrients that matter to your health goals.

| | | | |
|--------------------------|----------------|-------------------------------------|--|
| Tuesday, Apr 2 | 9:30-11:00 am | Bedford CHT | Click here to Register |
| Thursday, Apr 4 | 10:00-11:30 am | Halifax CHT | Click here to Register |
| Thursday, Apr 25 | 6:00-7:30 pm | Cole Harbour Public Library | Click here to Register |
| Thursday, May 9 | 1:00-2:30 pm | Captain William Spry Public Library | Click here to Register |
| Monday, June 3 | 1:30-3:00 pm | John W. Lindsay YMCA | Click here to Register |
| Friday, June 21 | 10:00-11:30 am | Dartmouth CHT | Click here to Register |
| Thursday, June 27 | 1:30-3:00 pm | Bedford CHT | Click here to Register |
| Tuesday, Aug 13 | 9:30-11:00 am | Spryfield Wellness Centre | Click here to Register |



Physical Activity

Low Intensity 10-Week Exercise Program

Do you have a chronic health condition that limits your ability to walk or exercise for more than 15 minutes? 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. (Choose Location option: 1 for Acadia Hall, 2 for Canada Games Centre, 3 for East Dartmouth Community Centre and 4 for Good Shepherd Parish)

| | | |
|-------------------------------|------------|---|
| Mondays and Wednesdays | Afternoons | Lower Sackville-Acadia Hall |
| Tuesdays and Thursdays | Mornings | Clayton Park-Canada Games Centre |
| Tuesdays and Thursdays | Afternoons | East Dartmouth Community Centre |
| Tuesdays and Thursdays | Afternoons | Halifax Good Shepard Parish-St Agnes Site |

Move to Improve – 10 Week Program

Would you like to incorporate more movement and exercise into your day? Do you live with a chronic condition or are you at risk of developing one? Come improve your fitness level and motivation to exercise in this 10-week program. 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 participant 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 participant physical activity screen.

| | | |
|--|------------|---------------------|
| Mondays and Thursdays (starting April 8) | afternoons | Cole Harbour Place |
| Mondays and Wednesdays (starting April 15) | afternoons | Canada Games centre |

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.

| | | | |
|---------------------------|--------------|---------------------------|--|
| Monday, Mar 25 | 1:30-3:30 pm | Spryfield Wellness Centre | Click here to Register |
| Friday, May 17 | 2:00-3:30 pm | Bedford Public Library | Click here to Register |
| Tuesday, May 21 | 6:00-7:30 pm | Dartmouth CHT | Click here to Register |
| Wednesday, June 26 | 6:00-7:30 pm | Halifax Central Library | Click here to Register |



Physical Activity

Building Better Balance – 6 week program

This program is for adults who have a fear of falling or decreased balance but **have not experienced more than 2 falls** in the past month. Participants must be able to stand on their own without holding on to anything and able to exercise for 30 minutes at a low to moderate intensity without rest. Participants will exercise twice a week in a group setting with a physiotherapist. 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 participant physical activity screen.

Tuesdays & Fridays

(starting Apr 2) 1:15-3:15 pm Bedford Hammonds Plains Community Center

Mondays and Wednesdays

(starting May 13) 9:30-11:30 am North Preston Community Health and Wellness Centre

Mondays and Fridays

(starting May 6) 9:30-11:30 am St. Andrews Community Centre

Wednesdays and Fridays

(starting June 12) 9:30-11:30 am Spryfield Wellness Centre

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 (Move More for Better Health, 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 call 902-460-4560 (press 1 for Bedford/Sackville, 2 for Chebucto, 3 for Dartmouth and 4 for Halifax) to complete a physical activity screen.

Tuesdays, Mar 19-Apr 9 9:30-11:30 am Halifax Central Library [Click here](#) to Register

Wednesdays, Apr 3-24 1:30-3:30 pm North Woodside Community Centre [Click here](#) to Register

Mondays, Apr 8-29 6:00-8:00 pm Sackville Heights Community Center [Click here](#) to Register

Wednesdays, Apr 10-May 1 5:30-7:30 pm Spryfield Wellness Centre [Click here](#) to Register

Thursdays, June 6-27 9:30-11:30 am Dartmouth CHT [Click here](#) to Register

Fridays, June 7-28 9:30-11:30 am Bedford CHT [Click here](#) to Register



Physical Activity

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. A participant physical activity screen is required no later than 5 business days before the program start date. Please call 902-460-4560 (press 1 for Bedford/Sackville, 2 for Chebucto, 3 for Dartmouth and 4 for Halifax) to fill out a participant physical activity screen.

| | | | |
|---------------------------|---------------|------------------------------|--|
| Tuesday, Apr 16 | 6:30-8:30 pm | Dartmouth CHT | Click here to Register |
| Thursday, May 23 | 1:30-3:30 pm | Bedford CHT | Click here to Register |
| Wednesday, June 12 | 6:00-8:00 pm | Tantallon Public Library | Click here to Register |
| Friday, June 21 | 9:30-11:30 am | St. Andrews Community Centre | Click here to Register |
| Thursday, July 18 | 6:00-8:00 pm | Halifax Central Library | Click here to Register |
| Friday, Aug 23 | 9:30-11:30 am | Saint John's United Church | Click here to Register |

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. Please call 902-460-4560 (press 1 for Bedford/Sackville, 2 for Chebucto, 3 for Dartmouth and 4 for Halifax) to fill out a participant physical activity screen.

| | | | |
|---------------------------|---------------|--------------------------------|--|
| Wednesday, Apr 24 | 6:00-8:00 pm | Salvation Army Fairview | Click here to Register |
| Wednesday, May 1 | 6:30-8:30 pm | Dartmouth CHT | Click here to Register |
| Thursday, May 30 | 1:30-3:30 pm | Bedford CHT | Click here to Register |
| Wednesday, June 19 | 10:00-noon | Halifax North Memorial Library | Click here to Register |
| Wednesday, Aug 21 | 6:00-8:00 pm | Halifax Central Library | Click here to Register |
| Friday, Aug 30 | 9:30-11:30 am | Bedford CHT | Click here to Register |

Ready, Set, Move – Move More for Better Health

Our bodies were designed to move and that can be challenging. Learn about the impact on our health with too much sitting and share ways to move more in our homes, neighborhoods and communities.

| | | | |
|-------------------------|---------------|---------------------------|--|
| Monday, Mar 25 | 10:00-noon | Woodlawn Public Library | Click here to Register |
| Thursday, May 23 | 9:30-11:30 am | Halifax CHT | Click here to Register |
| Monday, May 27 | 10:00-noon | Spryfield Wellness Centre | Click here to Register |
| Tuesday, June 4 | 1:30-3:30 pm | Bedford CHT | Click here to Register |



Physical Activity

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 call 902-460-4560 (press 1 for Bedford/Sackville, 2 for Chebucto, 3 for Dartmouth and 4 for Halifax) to complete a physical activity screen.

| | | | |
|--------------------------|---------------|--------------------------------|--|
| Thursday, Mar 28 | 1:30-3:30 pm | Bedford CHT | Click here to Register |
| Wednesday, Apr 10 | 6:00-8:00 pm | Halifax CHT | Click here to Register |
| Tuesday May 7 | 6:00-8:00 pm | Dartmouth CHT | Click here to Register |
| Friday, May 17 | 9:30-11:30 am | Saint John's United Church | Click here to Register |
| Wednesday, May 22 | 5:00-7:00 pm | Prospect Road Community Centre | Click here to Register |
| Wednesday, May 29 | 1:30-3:30 pm | Bethany United Church | Click here to Register |



Mental Wellness

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 in life.

| | | | |
|---------------------------|--------------|-------------------------------|--|
| Tuesday, Mar 19 | 6:00-7:30 pm | Online Zoom Program | Click here to Register |
| Tuesday, Apr 23 | 6:00-8:00 pm | Sunflower by Adsum (Lakeside) | Click here to Register |
| Monday, May 6 | 1:30-3:30 pm | Dartmouth CHT | Click here to Register |
| Monday, May 13 | 1:30-3:30 pm | Bethany United Church | Click here to Register |
| Wednesday, June 19 | 5:30-7:30 pm | Sackville Public Library | 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.

| | | | |
|--------------------------|---------------|-------------------------------------|--|
| Wednesday, Mar 27 | 6:00-8:00 pm | John W. Lindsay YMCA | Click here to Register |
| Thursday, Mar 28 | 6:00-8:00 pm | Cole Harbour Public Library | Click here to Register |
| Friday, May 31 | 9:30-11:30 am | Beaver Bank Kinsac Community Center | Click here to Register |
| Tuesday, June 4 | 1:30-3:30 pm | Spryfield Wellness Centre | Click here to Register |
| Tuesday, June 11 | 1:30-3:30 pm | TEAM Work Cooperative | Click here to Register |

Visit HealthyNS.ca to view an interactive recording of this session.



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). Attendance the first week is required.

| | | | |
|---------------------------------------|---------------|---------------------------|--|
| Mondays, Apr 8-29 | 2:00-4:00 pm | Spryfield Wellness Centre | Click here to Register |
| Tuesdays, Apr 9-30 | 6:00-8:00 pm | Bedford CHT | Click here to Register |
| Thursdays, May 2-23 | 9:30-11:30 am | Woodlawn Public Library | Click here to Register |
| Wednesdays, May 22-June 12 | 6:00-8:00 pm | Halifax Central Library | Click here to Register |

Exploring Emotions – 4 Week Program

You will 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.

| | | | |
|----------------------------------|--------------|--|--|
| Fridays, Apr 5-26 | 10:00-noon | Dartmouth CHT | Click here to Register |
| Wednesdays, Apr 17-May 8 | 6:00-8:00 pm | John W. Lindsay YMCA | Click here to Register |
| Tuesdays, June 4-25 | 6:00-8:00 pm | Bedford CHT | Click here to Register |
| Tuesdays, June 25-July 16 | 1:00-3:00 pm | Captain William Spry 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.

| | | | |
|---------------------------|---------------|-----------------------------|--|
| Thursday, Mar 28 | 6:00-8:00 pm | Bedford CHT | Click here to Register |
| Thursday, Apr 4 | 1:30-3:30 pm | Dartmouth CHT | Click here to Register |
| Wednesday, May 29 | 1:30-3:30 pm | Saint John’s United Church | Click here to Register |
| Tuesday, June 11 | 9:30-11:30 am | Cole Harbour Public Library | Click here to Register |
| Friday, June 21 | 10:00-noon | Halifax CHT | Click here to Register |
| Wednesday, July 10 | 6:00-8:00 pm | Salvation Army Herring Cove | Click here to Register |
| Thursday, July 11 | 11:30-1:00 pm | Online Zoom Program | Click here to Register |
| Thursday, Aug 15 | 2:00-4:00 pm | Halifax Central Library | Click here to Register |



Free Time and You

Leisure and recreation can have a big impact on our health and wellbeing. 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!

Thursday, Aug 22 12:00-1:15 pm Online Zoom for Healthcare [Click here](#) to Register

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. 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 28-Apr 18 | 1:30-3:30 pm | Bethany United Church | Click here to Register |
| Mondays, Apr 8-29 | 2:30-4:30 pm | Cole Harbour Public Library | Click here to Register |
| Fridays, Apr 26-May 17 | 10:00-noon | Online Zoom Program | Click here to Register |
| Tuesdays, June 4-25 | 6:00-8:00 pm | Dartmouth CHT | Click here to Register |
| Thursdays, June 6-27 | 6:00-8:00 pm | Spryfield Wellness Centre | Click here to Register |
| Fridays, June 7-28 | 2:00-4:00 pm | Bedford Public Library | Click here to Register |

Optimal Aging – 4 Week Program

This program can help you improve your health behaviors, wellbeing and outlook on aging. Learn how to apply the THRIVE © Approach to Wellbeing which includes six key actions: thoughts, health habits, relationships, interests, valued goals and emotions. Attendance the first week is required.

| | | | |
|---------------------------------|--------------|---------------------------------------|--|
| Tuesdays, May 7-28 | 1:30-3:30 pm | Sackville Heights Community Center | Click here to Register |
| Tuesdays, May 7-28 | 6:30-8:30 pm | Woodlawn Public Library | Click here to Register |
| Tuesdays, June 4-25 | 10:00-noon | Halifax CHT | Click here to Register |
| Mondays, June 17-July 15 | 1:00-3:00 pm | Spryfield Wellnes Centre | 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.

| | | | |
|--------------------------|---------------|--|--|
| Thursday, Apr 18 | 6:00-8:00 pm | Cole Harbour Public Library | Click here to Register |
| Thursday, Apr 18 | 6:00-8:00 pm | Salvation Army Fairview | Click here to Register |
| Tuesday, Apr 23 | 10:00-noon | Mulgrave Park Caring & Learning Centre | Click here to Register |
| Monday, May 13 | 9:30-11:30 am | Bedford CHT | Click here to Register |
| Tuesday, May 28 | 10:00-noon | St. Andrews Community Centre | Click here to Register |
| Thursday, May 30 | 10:00-noon | Tantallon Public Library | Click here to Register |
| Tuesday, July 9 | 10:00-noon | Dartmouth CHT | Click here to Register |
| Thursday, July 25 | 1:30-3:30 pm | Halifax Central Library | Click here to Register |
| Thursday, Aug 29 | 1:30-3:30 pm | Bedford CHT | 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.

| | | | |
|-----------------------------------|--------------|--------------------------------|--|
| Thursdays, Apr 4-25 | 1:30-3:30 pm | Bedford CHT | Click here to Register |
| Tuesdays, Apr 9-30 | 6:30-8:30 pm | Woodlawn Public Library | Click here to Register |
| Thursdays, May 2-23 | 6:00-8:00 pm | Canada Games Centre | Click here to Register |
| Fridays, May 24-June 14 | 10:00-noon | Halifax CHT | Click here to Register |
| Wednesdays, May 29-June 19 | 1:30-3:30 pm | Dartmouth CHT | Click here to Register |
| Mondays, June 3-24 | 10:00-noon | Online Zoom Program | Click here to Register |
| Thursdays, July 11-Aug 1 | 10:00-noon | Prospect Road Community Centre | Click here to Register |



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

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. Childcare is available for the in-person program. **If you require childcare call Kyla 902-479-3031 ext 302.**

Fridays, Apr 5-June 21 10am-noon Chebucto Family Centre [Click here](#) to Register

Wednesdays, Mar 27-June 12 6:00-8:00 pm Online Zoom Program [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.

Thursdays, Mar 21-June 20 6:00-8:00 pm Dartmouth CHT [Click here](#) to Register

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.

Monday, May 27 10:00-11:30 am Woodlawn Public Library [Click here](#) to Register

Thursday, June 13 6:00-7:30 pm Sackville Heights Community Center [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.

Tuesday, Apr 16 6:00-7:30 pm Sackville Public Library [Click here](#) to Register

Monday, June 10 6:30-8:00 pm John W. Lindsay YWCA [Click here](#) to Register

Parenting Your Teen – Walking the Middle Path – 6 Week Program

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

Wednesdays, Apr 10-May 15 5:00-6:30 pm Online Zoom Program [Click here](#) to Register



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.

| | | | |
|------------------------------------|--------------|-------------------------|--|
| Thursdays, Apr 4 & 11 | 6:00-8:00 pm | Cole Harbour Library | Click here to Register |
| Tuesdays, May 7 & 14 | 10:00-noon | Halifax Central Library | Click here to Register |
| Thursdays, May 16 & 23 | 5:30-7:30 pm | Bedford Public Library | Click here to Register |
| Thursdays, July 11 & 18 | 10:00-noon | Online Zoom Program | Click here 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 roles as parents. Join us to practice ways to promote self-compassion when we experience difficulties in our everyday lives.

| | | | |
|------------------------|--------------|---------------------|--|
| Monday, June 24 | 10:30-noon | Sunflower by Adsum | Click here to Register |
| Tuesday, July 9 | noon-1:00 pm | Online Zoom Program | Click here to Register |

Handle with Care – 4 Week Program

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.

| | | | |
|---|---------------|--|--|
| Mondays, Apr 8-29 If you require childcare, call Rita at 902-453-5089. | 9:30-11:30 am | Mulgrave Park Caring and Learning Centre | Click here to Register |
| Tuesdays, June 4-18 If you require childcare, call Kyla at 902-479-3031 ext. 302 | 10:00-noon | Chebucto Family Centre | Click here to Register |

Mental Health First Aid – Adults Interacting with Youth

Learn how to support youth ages 12-24 years experiencing a decline in their mental health. This program is intended for parents, guardians and volunteers. Other adults supporting youth in unpaid roles are welcome. Call 902-460-4560 to register. Attendance in all 3 sessions required.

| | | |
|----------------------------------|--------------|-------------------------|
| Friday, Mar 22 | noon-1:00 pm | Online Zoom Orientation |
| Saturdays, Apr 6 & 13 | 9:00-1:00 pm | Online Zoom Program |

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



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.

Advanced Care Planning and Personal Directives – Inspired COPD Outreach Program, Nova Scotia Health.

To register, please call Andrew Comstock at (902) 483-8943.

Wednesday, Apr 24 10:00-noon Bedford CHT

Caregivers Nova Scotia

Please call 902-421-7390 for more information and to register.

Thursdays, Apr 4, May 2, June 6 1:00-3:00 pm Halifax CHT

Apr 17, May 15, June 19, July 17, Aug 21 1:00-3:00 pm Spryfield Wellness Centre

Mindfulness Drop-in Practice Group – Atlantic Contemplative Centre (ACC)

No registration required.

Thursdays 4:00-5:00 pm Dartmouth CHT

Multiple Sclerosis Peer Support Health Group – MS Society of Canada

No registration required.

Fridays, Mar 15, Apr 19, May 17, June 21, July 19, Aug 16 1:00-3:00 pm Dartmouth CHT

Meditation For Inner Peace and Clarity – Sahaja Yoga

To register please email Freemeditationhalifax@gmail.com

Wednesdays, starting Mar 20-Aug 28 7:00-8:30 pm Bedford CHT



Community Locations for Halifax Peninsula

Halifax Peninsula CHT – 6080 Young Street (Suite 105)

| | |
|---|----------------------------------|
| 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 North Memorial Library | 2285 Gottingen Street, Halifax |
| John W. Lindsay YMCA | 5640 Sackville Street, Halifax |
| Mulgrave Park Caring & Learning Centre | 57 Jarvis Lane, Halifax |
| Nova Scotia Community College (NSCC) | 5685 Leeds Street, Halifax |
| St Andrews Community Centre | 3380 Barnstead Lane, Halifax |
| TEAM Work Cooperative | 7051 Bayers Road, Halifax |

Community Locations for Dartmouth

Dartmouth CHT – 58 Tacoma Drive

| | |
|---|---------------------------------------|
| East Dartmouth Community Centre | 50 Caledonia Road, Dartmouth |
| Cole Harbour Public Library | 51 Forest Hills Parkway, Cole Harbour |
| Dartmouth North Public Library | 105 Highfield Park Drive, Dartmouth |
| Woodlawn Public Library | 31 Eisener Boulevard, Dartmouth |
| North Woodside Community Centre | 230 Pleasant Street, Dartmouth |
| North Preston Community Health and Wellness Centre | 44 Simmonds Road, North Preston |

Community Locations for Bedford/Sackville

Bedford/Sackville CHT – 1658 Bedford Highway (main level Bedford Place Mall)

| | |
|---|--------------------------------------|
| Beaver Bank Kinsac Community Centre | 1583 Beaver Bank Road, Beaver Bank |
| Bedford-Hammonds Plains Community Center | 202 Innovation Drive, Bedford |
| Bedford Public Library | 15 Dartmouth Road, Bedford |
| St. John's United Church | 3360 Highway #2, Fall River |
| Sackville Public Library | 636 Sackville Drive, Lower Sackville |
| Sackville Heights Community Centre | 45 Connolly Road, Middle Sackville |
| Acadia Hall | 636 Sackville Drive, Lower Sackville |

Community Locations for Chebucto

Chebucto CHT (in Spryfield Wellness Centre) – 16 Dentith Road, Halifax

| | |
|--|--|
| Canada Games Centre | 26 Thomas Raddall Drive, Halifax |
| Keshen Goodman Public Library | 330 Lacewood Drive, Halifax |
| Salvation Army Fairview | 50 Gesner Street, Halifax |
| Prospect Road Community Centre | 2141 Prospect Road, Hatchet Lake |
| Captain William Spry Public Library | 16 Sussex Street, Halifax |
| Chebucto Family Centre | 3 Sylvia Avenue, Halifax |
| Salvation Army Herring Cove | 328 Herring Cove Road, Halifax |
| Tantallon Public Library | 3646 Hammonds Plains Road (Hubley Centre), Upper Tantallon |
| The Sunflower at Adsum | 40 Flower Court, Lakeside |
| J.D. Shatford Public Library | 10353 St. Margaret's Bay Road, Hubbards |
| Spryfield Wellness Centre | 16 Dentith Road, Halifax (Spryfield) |

If you would like to receive monthly emails about upcoming programs connect with your Community Health Team at 902-460-4560

Learn more and connect with us



communityhealthteams.ca



@communityhealthteams



@communityhealthteam

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
- All programs are offered by healthcare professionals (physiotherapists, dietitians, social workers, occupational therapists, nurses and recreation therapists).

Where is My Community Health Team (CHT)?

Bedford/Sackville CHT

1658 Bedford Hwy

(main level Bedford Place Mall)

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

Chebucto CHT

(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 CHT

58 Tacoma Drive

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

Halifax Peninsula CHT

6080 Young Street

(Suite 105)

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



Scan Me

