

# FREE

## Health and Wellness Programs

Celebrating  
15 Years  
of Community  
Health Teams



Fall 2025 and Winter 2026



# About the Community Health Teams

**Community Health Teams (CHTs)** are a service of Nova Scotia Health and IWK Health. We offer free navigation services and group wellness programming. Our team of healthcare professionals help people across the lifespan to improve their health and wellness. This flexible service does not require a referral.

Group Wellness Programs provide health information, resources, and strategies to make health behaviour changes. Topic areas include Reducing Your Health Risks, Healthy Eating, Physical Activity, Mental Wellness and Parenting.

## How to Register

You can register for most programs online at [www.communityhealthteams.ca](http://www.communityhealthteams.ca) and use the register now button. **Questions?** Call us at 902-460-4560 and dial the extension for your community location: **Bedford/Sackville:** press 1. **Chebucto (Spryfield):** press 2. **Dartmouth:** press 3. **Halifax Peninsula:** press 4.



**Please ask about accessibility and interpretation services**

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## Quick Facts

**15 years**

serving the Greater Halifax Area

**13,000+**

visits in 2024

**50+**

free health and wellness programs

**200+**

community partnerships

**98%**

program satisfaction rate

**Register Now!**



# Wellness Navigation

## Everyone needs a little help sometimes.

Understanding and getting connected to the right support can be complicated. Our team of healthcare providers can help you identify health barriers and connect you to the right resources. This is a free, non-urgent service that you can book yourself. A referral is not required and appointments can happen in-person, by phone or virtually. **This service is available to those living in the Greater Halifax Area with a valid health card.**



**Book your navigation at  
902-460-4560**

## Adult Wellness Navigation (18+)

Wellness Navigators work with adults to address various challenges, including:

- Feelings of stress
- Struggling with health, money, housing or mental wellness
- Help with joining a group or feeling more connected to your community
- And more

## Children, Youth and Family Navigation

IWK Mental Health and Wellness Coordinators provide support for children, youth and families:

- Supporting parents with concerns about their child's mood or behaviour
- Assisting youth in accessing recreation or physical activity programs
- Navigating supports for housing, food security or medication coverage
- And more

## Healthy Eating Navigation (18+)

Registered Dietitians help with:

- Setting and achieving healthy eating goals
- Finding programs and services to help you meet your healthy eating goals
- And more

## Physical Activity Navigation (18+)

Registered Physiotherapists help with:

- Finding physical activity programs and resources online or in your community
- Support to help you meet your physical activity goals
- And more

The services listed above focus on wellness needs and do not provide disease or condition-specific counselling.

**Register Now!**

# 15 Years of Community Health Teams



## Celebrating 15 Years of the Community Health Teams

### Community Health Teams' Socials

It's our 15<sup>th</sup> anniversary! Drop by for a snack and a chat to celebrate with your Community Health Team. No registration required!

| DATES               | TIME               | LOCATION              |
|---------------------|--------------------|-----------------------|
| Tuesday, Sept. 9    | 1:00 - 3:00 p.m.   | Bedford/Sackville CHT |
| Wednesday, Sept. 24 | 1:00 - 3:00 p.m.   | Dartmouth CHT         |
| Thursday, Oct. 23   | 10:00 a.m. - noon. | Halifax CHT           |
| Thursday, Dec. 11   | 1:00 - 3:00 p.m.   | Chebucto CHT          |



[Register Now!](#)



# Parenting - Offered by the IWK

**Parenting programs are offered by IWK Mental Health and Wellness Coordinators.** Designed to help parents and caregivers support the mental health of their children and improve family wellbeing. These free programs are offered by healthcare professionals both virtually and in-person.

## Incredible Years: Preschool (14-week program)

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

| DATES                           | TIME               | LOCATION            | REGISTER                   |
|---------------------------------|--------------------|---------------------|----------------------------|
| Wednesdays, Sept. 17 to Dec. 17 | 10:00 a.m. - noon. | Online Zoom Program | <a href="#">Click here</a> |
| Tuesdays, Jan.13 to April 14    | 6:00 - 8:00 p.m.   | Online Zoom Program | <a href="#">Click here</a> |

## Incredible Years: School Age (12-week program)

This program focuses on improving your child's social and emotional skills and reducing behaviour problems. For parents of children who are 6-12 years old.

| DATES                          | TIME             | LOCATION            | REGISTER                   |
|--------------------------------|------------------|---------------------|----------------------------|
| Thursdays, Sept. 25 to Dec. 11 | 6:00 - 8:00 p.m. | Online Zoom Program | <a href="#">Click here</a> |
| Wednesdays, Jan. 14 to April 1 | 2:00 - 4:00 p.m. | Online Zoom Program | <a href="#">Click here</a> |

## 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 old.

| DATES              | TIME               | LOCATION                 | REGISTER                   |
|--------------------|--------------------|--------------------------|----------------------------|
| Wednesday, Oct. 15 | 6:00pm - 7:30 p.m. | Halifax CHT              | <a href="#">Click here</a> |
| Thursday, Nov. 6   | 6:00pm - 7:30 p.m. | Tantallon Public Library | <a href="#">Click here</a> |
| Thursday, Dec. 4   | 6:00pm - 7:30 p.m. | Bedford/Sackville CHT    | <a href="#">Click here</a> |
| Tuesday, Jan. 13   | 6:00pm - 7:30 p.m. | Woodlawn Public Library  | <a href="#">Click here</a> |
| Tuesday, Feb. 3    | Noon - 1:30 p.m.   | Online Zoom Program      | <a href="#">Click here</a> |



## Handle With Care (5-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.

| DATES                          | TIME                   | LOCATION                            | REGISTER                   |
|--------------------------------|------------------------|-------------------------------------|----------------------------|
| Thursdays, Sept. 25 to Oct. 23 | 11:30 a.m. - 1:30 p.m. | East Preston Family Resource Centre | <a href="#">Click here</a> |
| Fridays, Jan. 9 to Feb. 6      | 10:00 a.m. - noon.     | Chebucto Family Centre              | <a href="#">Click here</a> |

## Parenting Your Teen

This session will help you better understand your teen and how their brain works. You'll learn simple strategies to improve communication and help your family life feel more calm and connected.

| DATES             | TIME             | LOCATION                       | REGISTER                   |
|-------------------|------------------|--------------------------------|----------------------------|
| Thursday, Oct. 2  | Noon - 1:30 p.m. | Halifax North Memorial Library | <a href="#">Click here</a> |
| Wednesday, Dec. 3 | Noon - 1:30 p.m. | Online Zoom Program            | <a href="#">Click here</a> |
| Tuesday, Feb. 3   | 6:00 - 7:30 p.m. | Sackville Public Library       | <a href="#">Click here</a> |

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

In this program, you'll learn how to spot early signs of anxiety in your child and gain skills to help them manage everyday worries. For parents and caregivers of children up to 12 years.

| DATES                     | TIME             | LOCATION                    | REGISTER                   |
|---------------------------|------------------|-----------------------------|----------------------------|
| Wednesdays, Oct. 1 and 8  | 6:00 - 8:00 p.m. | Spryfield Wellness Centre   | <a href="#">Click here</a> |
| Thursdays, Nov. 20 and 27 | 6:00 - 8:00 p.m. | Cole Harbour Public Library | <a href="#">Click here</a> |
| Mondays, Jan. 5 and 12    | 6:00 - 8:00 p.m. | Online Zoom Program         | <a href="#">Click here</a> |



## Self-Compassion for Parents

Parenting is a difficult job. Being kind to yourself can bring comfort, support your health, and help you feel more confident and satisfied in your role as a parent. In this session, you'll practice simple ways to build self-compassion during everyday challenges.

| DATES             | TIME               | LOCATION                                 | REGISTER                   |
|-------------------|--------------------|------------------------------------------|----------------------------|
| Tuesday, Oct. 14  | 10:00 - 11:30 a.m. | Nova Village NS                          | <a href="#">Click here</a> |
| Thursday, Oct. 23 | 10:00 - 11:30 a.m. | Memory Lane Family Place                 | <a href="#">Click here</a> |
| Tuesday, Nov. 4   | Noon - 1:30 p.m.   | Mulgrave Park Caring and Learning Centre | <a href="#">Click here</a> |
| Thursday, Feb. 5  | Noon - 1:30 p.m.   | Online Zoom Program                      | <a href="#">Click here</a> |

## Parent Wellness Series

Come to one, or come to all! Register for the weeks that you would like to attend.

| DATES                       | TIME               | LOCATION | REGISTER                   |
|-----------------------------|--------------------|----------|----------------------------|
| Tuesdays, Jan. 20 to Feb 10 | 10:00 - 11:00 a.m. | YWCA     | <a href="#">Click here</a> |

**Tuesday, Jan. 20: Behaviour 101** - Discuss and learn skills to respond effectively to kids' behaviour and keep things calm at home.

**Tuesday, Jan. 27: Screen Time 101** - Learn about the risks and benefits of screen time and ways to help your family.

**Tuesday, Feb. 3: Move More** - Learn about the 24-hour movement guidelines and how to get your family to move more for better health.

**Tuesday, Feb.10: Healthy Eating 101** - Learn about healthy eating strategies for your family.

## Mental Health First Aid: Adults Supporting Youth (2-week program)

In this two-session certification program, you'll learn how to support youth aged 12 to 24 experiencing a decline in their mental health. This program is for parents, guardians and volunteers who interact with youth regularly. Please note: A self-directed module must be completed two weeks before the start of the virtual program.

| DATES                     | TIME             | LOCATION            | REGISTER                                 |
|---------------------------|------------------|---------------------|------------------------------------------|
| Fridays, Oct. 24 and 31   | 9:00 - 1:00 p.m. | Online Zoom Program | <a href="#">Click here after Sept. 2</a> |
| January date coming soon! | 9:00 - 1:00 p.m. | Online Zoom Program | <a href="#">Click here after Dec. 1</a>  |



**Are you looking to be connected to local mental wellness resources?  
Call 902-460-4560 and ask for wellness navigation.**

## 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.

| DATES           | TIME               | LOCATION                      | REGISTER                   |
|-----------------|--------------------|-------------------------------|----------------------------|
| Tuesday, Oct. 7 | 6:00 - 8:00 p.m.   | Keshen Goodman Public Library | <a href="#">Click here</a> |
| Tuesday, Dec. 2 | 10:00 a.m. - noon. | Dartmouth CHT                 | <a href="#">Click here</a> |

## 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.

| DATES              | TIME             | LOCATION                  | REGISTER                   |
|--------------------|------------------|---------------------------|----------------------------|
| Thursday, Oct. 9   | 6:00 - 8:00 p.m. | Halifax CHT               | <a href="#">Click here</a> |
| Monday, Nov. 3     | 6:00 - 8:00 p.m. | Memory Lane Family Place  | <a href="#">Click here</a> |
| Tuesday, Nov. 18   | 1:30 - 3:30 p.m. | Woodlawn Public Library   | <a href="#">Click here</a> |
| Wednesday, Feb. 18 | 1:30 - 3:30 p.m. | Spryfield Wellness Centre | <a href="#">Click here</a> |





## Self-Compassion (1-week program)

**In this single session**, you will practice ways to promote self-compassion when we experience difficulties in our everyday lives.

| DATES              | TIME              | LOCATION                           | REGISTER                   |
|--------------------|-------------------|------------------------------------|----------------------------|
| Thursday, Sept. 25 | 1:30 - 3:30 p.m.  | Bedford/Sackville CHT              | <a href="#">Click here</a> |
| Wednesday, Oct. 29 | 6:00 - 8:00 p.m.  | Halifax CHT                        | <a href="#">Click here</a> |
| Thursday, Oct. 30  | 1:30 - 3:30 p.m.  | St. Peter's Church, Hackett's Cove | <a href="#">Click here</a> |
| Monday, Dec. 8     | 1:30 - 3:30 p.m.  | Woodlawn Public Library            | <a href="#">Click here</a> |
| Friday, Feb. 20    | 9:30 - 11:30 a.m. | Bedford/Sackville CHT              | <a href="#">Click here</a> |

## Self-Compassion (4-week program)

**In this four-session program**, you will learn 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.

| DATES                          | TIME             | LOCATION                  | REGISTER                   |
|--------------------------------|------------------|---------------------------|----------------------------|
| Tuesdays, Oct. 7 to 28         | 1:30 - 3:30 p.m. | Woodlawn Public Library   | <a href="#">Click here</a> |
| Tuesdays, Oct. 7 to 28         | 6:00 - 8:00 p.m. | Bedford/Sackville CHT     | <a href="#">Click here</a> |
| Thursdays, Nov. 6 to 27        | 6:00 - 8:00 p.m. | Spryfield Wellness Centre | <a href="#">Click here</a> |
| Tuesdays, Feb. 3 to 24         | 1:30 - 3:30 p.m. | Dartmouth CHT             | <a href="#">Click here</a> |
| Wednesdays, Feb. 18 to Mar. 11 | 1:30 - 3:30 p.m. | Halifax Central Library   | <a href="#">Click here</a> |

## Take Charge of Your Stress (1-week program)

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

| DATES              | TIME              | LOCATION                           | REGISTER                   |
|--------------------|-------------------|------------------------------------|----------------------------|
| Thursday, Sept. 25 | 6:00 - 8:00 p.m.  | Cole Harbour Public Library        | <a href="#">Click here</a> |
| Thursday, Oct. 2   | 6:00 - 8:00 p.m.  | Halifax CHT                        | <a href="#">Click here</a> |
| Wednesday, Oct. 29 | 9:30 - 11:30 a.m. | Memory Lane Family Place           | <a href="#">Click here</a> |
| Friday, Jan. 9     | 9:30 - 11:30 a.m. | Halifax CHT                        | <a href="#">Click here</a> |
| Monday, Jan. 12    | 1:30 - 3:30 p.m.  | Spryfield Wellness Centre          | <a href="#">Click here</a> |
| Monday, Feb. 9     | 1:30 - 3:30 p.m.  | Dartmouth CHT                      | <a href="#">Click here</a> |
| Tuesday, Feb. 17   | 1:30 - 3:30 p.m.  | St. Peter's Church, Hackett's Cove | <a href="#">Click here</a> |
| Thursday, Feb. 26  | 1:30 - 3:30 p.m.  | Bedford/Sackville CHT              | <a href="#">Click here</a> |



## Take Charge of Your Stress (4-week program)

**In this four-session program**, you will learn how 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.

| DATES                       | TIME               | LOCATION                | REGISTER                   |
|-----------------------------|--------------------|-------------------------|----------------------------|
| Mondays, Oct. 27 to Nov. 17 | 10:00 a.m. - noon. | Woodlawn Public Library | <a href="#">Click here</a> |
| Wednesdays, Nov. 5 to 26    | 6:00 - 8:00 p.m.   | Halifax CHT             | <a href="#">Click here</a> |
| Thursdays, Nov. 6 to 27     | 6:00 - 8:00 p.m.   | Bedford/Sackville CHT   | <a href="#">Click here</a> |

## Exploring Emotions (1-week program)

**In this single session**, you will learn how improving our emotional awareness helps us increase our overall wellness. This program offers tools and information to explore our own emotional responses and how our thoughts, feelings and behaviours all work together. Build your confidence in understanding and managing your emotions.

| DATES                            | TIME               | LOCATION                             | REGISTER                   |
|----------------------------------|--------------------|--------------------------------------|----------------------------|
| Thursday, Sept. 18               | 6:00 - 8:00 p.m.   | Faith City Church                    | <a href="#">Click here</a> |
| Tuesday, Sept. 23                | 9:30 - 11:30 a.m.  | Bedford/Sackville CHT                | <a href="#">Click here</a> |
| Monday, Oct. 20                  | 10:00 a.m. - noon. | Woodlawn Public Library              | <a href="#">Click here</a> |
| Wednesday, Nov. 5                | 5:45 - 7:45 p.m.   | Bedford Public Library               | <a href="#">Click here</a> |
| Friday, Nov. 21                  | 1:30 - 3:30 p.m.   | Keshen Goodman Public Library        | <a href="#">Click here</a> |
| Thursday, Dec. 4                 | 1:30 - 3:30 p.m.   | Dartmouth CHT                        | <a href="#">Click here</a> |
| Thursday, Jan. 29<br>(in Arabic) | 10:00 a.m. - noon. | Nova Scotia Islamic Community Centre | <a href="#">Click here</a> |
| Friday, Feb. 13                  | 9:30 - 11:30 a.m.  | Halifax CHT                          | <a href="#">Click here</a> |
| Monday, Feb. 23                  | 1:30 - 3:30 p.m.   | Bedford/Sackville CHT                | <a href="#">Click here</a> |

[Click here](#)

## Exploring Emotions (4-week program)

Are you curious about your emotions? **In this four-session program**, you will learn how to identify different emotions and build skills to respond to them in effective ways.

| DATES                          | TIME               | LOCATION                  | REGISTER                   |
|--------------------------------|--------------------|---------------------------|----------------------------|
| Tuesdays, Oct. 7 to 28         | 1:30 - 3:30 p.m.   | Halifax CHT               | <a href="#">Click here</a> |
| Wednesdays, Nov. 5 to 26       | 6:00 - 8:00 p.m.   | Dartmouth CHT             | <a href="#">Click here</a> |
| Fridays, Jan. 9 to 30          | 9:30 - 11:30 a.m.  | Bedford/Sackville CHT     | <a href="#">Click here</a> |
| Fridays, Jan. 9 to 30          | 10:00 a.m. - noon. | Dartmouth CHT             | <a href="#">Click here</a> |
| Thursdays, Feb. 19 to March 12 | 6:00 - 8:00 p.m.   | Spryfield Wellness Centre | <a href="#">Click here</a> |



## 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).

| DATES                        | TIME               | LOCATION                           | REGISTER                   |
|------------------------------|--------------------|------------------------------------|----------------------------|
| Thursdays, Oct. 2 to 23      | 6:00 - 8:00 p.m.   | Cole Harbour Public Library        | <a href="#">Click here</a> |
| Fridays, Oct. 17 to Nov. 7   | 10:00 a.m. - noon. | Halifax CHT                        | <a href="#">Click here</a> |
| Wednesdays, Nov. 5 to 26     | 1:30 - 3:30 p.m.   | Bedford/Sackville CHT              | <a href="#">Click here</a> |
| Tuesdays, Nov. 18 to Dec. 9  | 10:00 a.m. - noon. | Keshen Goodman Public Library      | <a href="#">Click here</a> |
| Tuesdays, Jan. 20 to Feb. 10 | 9:30 - 11:30 a.m.  | Sackville Heights Community Centre | <a href="#">Click here</a> |

## Optimal Aging (4-week program)

This program can help you improve your health behaviours, 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.

| DATES                          | TIME               | LOCATION                 | REGISTER                   |
|--------------------------------|--------------------|--------------------------|----------------------------|
| Wednesdays, Oct. 1 to 22       | 10:00 a.m. - noon. | Tantallon Public Library | <a href="#">Click here</a> |
| Fridays, Oct. 10 to 31         | 1:30 - 3:30 p.m.   | Bedford Public Library   | <a href="#">Click here</a> |
| Tuesdays, Nov. 18 to Dec. 9    | 1:30 - 3:30 p.m.   | Faith City Church        | <a href="#">Click here</a> |
| Mondays, Jan. 12 to Feb. 2     | 1:30 - 3:30 p.m.   | Woodlawn Public Library  | <a href="#">Click here</a> |
| Wednesdays, Jan. 21 to Feb. 11 | 2:00 - 4:00 p.m.   | Sackville Public Library | <a href="#">Click here</a> |

## Mental Wellness Skills Practice

To participate in this session, you must have completed one of the following programs: Take Charge of Your Stress, Self-Compassion or Exploring Emotions. Are you looking for time to practice the skills you learned in these programs and learn how to use them in everyday life? Join us for one of our upcoming skills practice sessions.

| DATES              | TIME               | LOCATION                      | REGISTER                   |
|--------------------|--------------------|-------------------------------|----------------------------|
| Wednesday, Dec. 3  | 1:00 - 2:00 p.m.   | Halifax CHT                   | <a href="#">Click here</a> |
| Wednesday, Dec. 10 | 1:30 - 2:30 p.m.   | Dartmouth CHT                 | <a href="#">Click here</a> |
| Wednesday, Jan. 14 | 1:00 - 2:00 p.m.   | Keshen Goodman Public Library | <a href="#">Click here</a> |
| Tuesday, Feb. 24   | 10:00 - 11:00 a.m. | Bedford/Sackville CHT         | <a href="#">Click here</a> |



## Free Time and You: Try Something New!

Recreation and leisure play a significant role in health and wellbeing. **The first half** of this program we will discuss leisure benefits, how to find accessible and meaningful activities and how to plan for leisure. **The second half** of this program will be an opportunity to experience a recreation activity provided by a community group. No prior experience necessary.

| ACTIVITY            | DATES              | TIME               | LOCATION                     | REGISTER                   |
|---------------------|--------------------|--------------------|------------------------------|----------------------------|
| Hike NS Guided Walk | Tuesday, Sept. 23  | 2:00 - 4:00 p.m.   | Spryfield Wellness Centre    | <a href="#">Click here</a> |
| Gardening           | Wednesday, Oct. 8  | 1:00 - 3:00 p.m.   | Common Roots Urban Farm BiHi | <a href="#">Click here</a> |
| Hike NS Guided Walk | Wednesday, Oct. 15 | 10:00 a.m. - noon. | Sackville Public Library     | <a href="#">Click here</a> |
| Intro to Origami    | Tuesday Oct. 28    | 6:00 - 7:30 p.m.   | Sackville Public Library     | <a href="#">Click here</a> |





# Reducing Your Health Risks

## Health Goal Coaching

Do you want to make positive changes to your health? Are you having trouble sticking to your goals or feeling unsure about where to begin? You're not alone. A Health Goal Coach can support you with your goals and staying on track. To book an intake appointment, call 902-460-4560 (press 1 for Bedford/Sackville, 2 for Chebucto, 3 for Dartmouth and 4 for Halifax).

## 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.

| DATES             | TIME               | LOCATION                  | REGISTER                   |
|-------------------|--------------------|---------------------------|----------------------------|
| Monday, Oct. 27   | 10:00 - 11:30 a.m. | Dartmouth CHT             | <a href="#">Click here</a> |
| Monday, Oct. 27   | 9:30 - 11:00 a.m.  | Bedford/Sackville CHT     | <a href="#">Click here</a> |
| Thursday, Nov. 27 | 1:30 - 3:00 p.m.   | Halifax CHT               | <a href="#">Click here</a> |
| Monday, Feb. 9    | 1:30 - 3:00 p.m.   | Spryfield Wellness Centre | <a href="#">Click here</a> |

## 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 wellbeing. Join us for a discussion about why we sleep, what impacts our sleep and discover other tips to get a better sleep.

| DATES              | TIME               | LOCATION                     | REGISTER                   |
|--------------------|--------------------|------------------------------|----------------------------|
| Tuesday, Sept. 23  | 2:00 - 4:00 p.m.   | Spryfield Wellness Centre    | <a href="#">Click here</a> |
| Monday, Sept. 29   | 1:30 - 3:30 p.m.   | Memory Lane Family Place     | <a href="#">Click here</a> |
| Wednesday, Oct. 22 | 6:00 - 8:00 p.m.   | Halifax Central Library      | <a href="#">Click here</a> |
| Tuesday, Nov. 4    | 6:00 - 8:00 p.m.   | Woodlawn Public Library      | <a href="#">Click here</a> |
| Friday, Nov. 7     | 10:00 a.m. - noon. | Salvation Army Fairview      | <a href="#">Click here</a> |
| Tuesday, Dec. 2    | 9:30 - 11:30 a.m.  | Bedford/Sackville CHT        | <a href="#">Click here</a> |
| Tuesday, Jan. 6    | 1:30 - 3:30 p.m.   | Alderney Gate Public Library | <a href="#">Click here</a> |
| Tuesday, Feb. 10   | 10:00 a.m. - noon. | Spryfield Wellness Centre    | <a href="#">Click here</a> |
| Thursday, Feb. 12  | 1:30 - 3:30 p.m.   | Halifax CHT                  | <a href="#">Click here</a> |
| Tuesday, Feb. 17   | 1:30 - 3:30 p.m.   | Bedford/Sackville CHT        | <a href="#">Click here</a> |
| Friday, Feb. 27    | 10:00 a.m. - noon. | Dartmouth CHT                | <a href="#">Click here</a> |



Scan the QR code to see virtual program options through HealthyNS

[Register Now!](#)



# Reducing Your Health Risks

## Understand Pain (2-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.

| DATES                   | TIME               | LOCATION                | REGISTER                   |
|-------------------------|--------------------|-------------------------|----------------------------|
| Mondays, Nov. 17 and 24 | 1:30 - 3:30 p.m.   | Halifax CHT             | <a href="#">Click here</a> |
| Mondays, Dec. 1 and 8   | 10:00 a.m. - noon. | Woodlawn Public Library | <a href="#">Click here</a> |

## 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.

| DATES              | TIME              | LOCATION                           | REGISTER                   |
|--------------------|-------------------|------------------------------------|----------------------------|
| Friday, Sept. 19   | 9:30 a.m. - noon. | Bedford/Sackville CHT              | <a href="#">Click here</a> |
| Monday, Oct. 6     | 9:30 a.m. - noon. | Halifax CHT                        | <a href="#">Click here</a> |
| Wednesday, Oct. 15 | 9:30 a.m. - noon. | Kiwanis Club of Dartmouth          | <a href="#">Click here</a> |
| Thursday, Oct. 30  | 6:00 - 8:30 p.m.  | Sackville Heights Community Centre | <a href="#">Click here</a> |
| Monday, Nov. 3     | 5:30 - 8:00 p.m.  | Canada Games Centre                | <a href="#">Click here</a> |
| Tuesday, Dec. 2    | 6:00 - 8:30 p.m.  | Woodlawn Public Library            | <a href="#">Click here</a> |
| Thursday, Feb. 5   | 6:00 - 8:30 p.m.  | Halifax CHT                        | <a href="#">Click here</a> |
| Friday, Feb. 20    | 1:30 - 4:00 p.m.  | Bedford Public Library             | <a href="#">Click here</a> |
| Monday, Feb. 23    | 1:00 - 3:30 p.m.  | Dartmouth CHT                      | <a href="#">Click here</a> |
| Monday, Feb. 23    | 1:30 - 4:00 p.m.  | Spryfield Wellness Centre          | <a href="#">Click here</a> |

## 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.

| DATES                          | TIME             | LOCATION                    | REGISTER                   |
|--------------------------------|------------------|-----------------------------|----------------------------|
| Thursdays, Oct. 2 to 23        | 1:30 - 3:30 p.m. | Bedford Public Library      | <a href="#">Click here</a> |
| Wednesdays, Oct. 8 to 29       | 6:00 - 8:00 p.m. | Cole Harbour Public Library | <a href="#">Click here</a> |
| Wednesdays, Jan. 21 to Feb. 11 | 1:30 - 3:30 p.m. | Halifax CHT                 | <a href="#">Click here</a> |



## Health Strategies for Perimenopause and Beyond (3-week program) NEW!

If you're feeling that this is impacting your life, you're not alone. Join us as we explore key areas of physical, emotional, and nutritional wellbeing to help you navigate this transition with greater confidence and support. Please note: while we will discuss general resources, clinical guidance on medications including hormone replacement therapy will not be covered in this program.

| DATES                         | TIME               | LOCATION                  | REGISTER                   |
|-------------------------------|--------------------|---------------------------|----------------------------|
| Wednesdays, Oct. 1 to 15      | 5:45 - 7:45 p.m.   | Sackville Public Library  | <a href="#">Click here</a> |
| Tuesdays, Oct. 7 to 21        | 6:00 - 8:00 p.m.   | Woodlawn Public Library   | <a href="#">Click here</a> |
| Thursdays, Oct. 9 to 23       | 1:00 - 3:00 p.m.   | Canada Games Centre       | <a href="#">Click here</a> |
| Thursdays, Jan. 29 to Feb. 12 | 6:00 - 8:00 p.m.   | Halifax Central Library   | <a href="#">Click here</a> |
| Tuesdays, Feb. 3 to 17        | 1:00 - 3:00 p.m.   | Spryfield Wellness Centre | <a href="#">Click here</a> |
| Thursdays, Feb. 5 to 19       | 1:30 - 3:30 p.m.   | Bedford Public Library    | <a href="#">Click here</a> |
| Fridays, Feb. 6 to 20         | 10:00 a.m. - noon. | Dartmouth CHT             | <a href="#">Click here</a> |





# Healthy Eating



**Are you looking to be connected to local healthy eating resources?**  
**Call 902-460-4560 and ask for healthy eating navigation.**

## 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 group, we will explore how to make lasting change in the areas of nutrition, physical activity and mental wellbeing. 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.

| DATES                      | TIME               | LOCATION      | REGISTER                   |
|----------------------------|--------------------|---------------|----------------------------|
| Fridays, Oct. 3 to Dec. 12 | 10:00 - 11:30 a.m. | Dartmouth CHT | <a href="#">Click here</a> |

## 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.

| DATES                            | TIME               | LOCATION                             | REGISTER                   |
|----------------------------------|--------------------|--------------------------------------|----------------------------|
| Wednesday, Nov. 5                | 2:00 - 3:00 p.m.   | Halifax CHT                          | <a href="#">Click here</a> |
| Thursday, Nov. 20<br>(in Arabic) | 10:00 a.m. - noon. | Nova Scotia Islamic Community Centre | <a href="#">Click here</a> |
| Tuesday, Nov. 25                 | 1:30 - 2:30 p.m.   | Dartmouth CHT                        | <a href="#">Click here</a> |

## 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.

| DATES             | TIME               | LOCATION                       | REGISTER                   |
|-------------------|--------------------|--------------------------------|----------------------------|
| Tuesday, Sept. 23 | 6:15 - 7:45 p.m.   | Sackville Public Library       | <a href="#">Click here</a> |
| Tuesday, Oct. 14  | 6:00 - 8:00 p.m.   | Spryfield Wellness Centre      | <a href="#">Click here</a> |
| Tuesday, Oct. 28  | 10:00 - 11:30 a.m. | Dartmouth CHT                  | <a href="#">Click here</a> |
| Monday, Nov. 3    | 1:30 - 3:00 p.m.   | Halifax North Memorial Library | <a href="#">Click here</a> |
| Monday, Jan. 19   | 2:30 - 4:00 p.m.   | Cole Harbour Public Library    | <a href="#">Click here</a> |
| Thursday, Jan. 29 | 1:30 - 3:00 p.m.   | Bedford/Sackville CHT          | <a href="#">Click here</a> |



## Mediterranean Inspired Eating

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.

| DATES               | TIME               | LOCATION                             | REGISTER                   |
|---------------------|--------------------|--------------------------------------|----------------------------|
| Friday, Sept. 19    | 9:30 - 11:30 a.m.  | Halifax CHT                          | <a href="#">Click here</a> |
| Wednesday, Sept. 24 | 6:00 - 8:00 p.m.   | Cole Harbour Public Library          | <a href="#">Click here</a> |
| Thursday, Sept. 25  | 9:30 - 11:30 a.m.  | St. John's United Church, Fall River | <a href="#">Click here</a> |
| Monday, Oct. 20     | 6:00 - 8:00 p.m.   | Memory Lane Family Place             | <a href="#">Click here</a> |
| Monday, Nov. 10     | 1:30 - 3:30 p.m.   | Dartmouth CHT                        | <a href="#">Click here</a> |
| Thursday, Nov. 13   | 6:00 - 8:00 p.m.   | St. Margaret's Centre                | <a href="#">Click here</a> |
| Wednesday, Nov. 19  | 9:30 - 11:30 a.m.  | Bedford/Sackville CHT                | <a href="#">Click here</a> |
| Wednesday, Nov. 19  | 1:30 - 3:30 p.m.   | Bethany United Church                | <a href="#">Click here</a> |
| Monday, Dec. 8      | 1:30 - 3:30 p.m.   | St. Peter's Church, Hackett's Cove   | <a href="#">Click here</a> |
| Thursday, Jan. 8    | 9:30 - 11:30 a.m.  | Halifax CHT                          | <a href="#">Click here</a> |
| Thursday, Jan. 8    | 10:00 a.m. - noon. | Dartmouth CHT                        | <a href="#">Click here</a> |
| Thursday, Jan. 22   | 1:30 - 3:30 p.m.   | Bedford/Sackville CHT                | <a href="#">Click here</a> |
| Friday, Feb. 6      | 10:00 a.m. - noon. | Captain William Spry Public Library  | <a href="#">Click here</a> |
| Tuesday, Feb. 24    | 1:30 - 3:30 p.m.   | Sackville Heights Community Centre   | <a href="#">Click here</a> |
| Thursday, Feb. 26   | 1:00 - 3:00 p.m.   | Dartmouth CHT                        | <a href="#">Click here</a> |

## Understanding Food Labels

Nutrition label reading made easy! You'll 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.

| DATES             | TIME               | LOCATION                            | REGISTER                   |
|-------------------|--------------------|-------------------------------------|----------------------------|
| Friday, Oct. 3    | 9:30 - 11:00 a.m.  | Beaver Bank Kinsac Community Centre | <a href="#">Click here</a> |
| Tuesday, Oct. 21  | 5:30 - 7:00 p.m.   | Prospect Road Community Centre      | <a href="#">Click here</a> |
| Thursday, Nov. 6  | 10:00 - 11:30 a.m. | Woodlawn Public Library             | <a href="#">Click here</a> |
| Thursday, Nov. 13 | 6:00 - 7:30 p.m.   | Halifax Central Library             | <a href="#">Click here</a> |
| Tuesday, Nov. 18  | 6:15 - 7:45 p.m.   | Sackville Public Library            | <a href="#">Click here</a> |
| Tuesday, Feb. 3   | 1:30 - 3:00 p.m.   | Bedford/Sackville CHT               | <a href="#">Click here</a> |
| Thursday, Feb. 12 | 2:00 - 3:30 p.m.   | Spryfield Wellness Centre           | <a href="#">Click here</a> |
| Wednesday Feb. 18 | 9:30 - 11:00 a.m.  | Halifax CHT                         | <a href="#">Click here</a> |



## Making Peace with Food (2-week program)

Are you tired of rigid and restrictive weight-loss diets? What if there was another way to approach healthy eating by focusing on gradual changes and flexibility over time? Join us to gain a deeper awareness of how thoughts and emotions influence our eating patterns. We will also explore how to notice hunger and fullness cues and practice mindful eating. Learn how being kinder to ourselves can help us work towards our health goals.

| DATES                      | TIME               | LOCATION                | REGISTER                   |
|----------------------------|--------------------|-------------------------|----------------------------|
| Wednesdays, Nov. 12 and 19 | 10:00 a.m. - noon. | Chebucto Family Centre  | <a href="#">Click here</a> |
| Tuesdays, Nov. 18 and 25   | 6:00 - 8:00 p.m.   | Woodlawn Public Library | <a href="#">Click here</a> |

## Beginner's Guide to Plant-Based Eating

This program is for anyone interested in eating more plant-based foods but is unsure where to start. Learn how to get the benefits of plant-based eating in a simple and cost effective way without eliminating other foods you enjoy.

| DATES              | TIME               | LOCATION                      | REGISTER                   |
|--------------------|--------------------|-------------------------------|----------------------------|
| Wednesday, Oct. 1  | 6:00 - 8:00 p.m.   | Halifax CHT                   | <a href="#">Click here</a> |
| Tuesday, Oct. 14   | 1:30 - 3:30 p.m.   | Bedford/Sackville CHT         | <a href="#">Click here</a> |
| Thursday, Oct. 30  | 6:00 - 8:00 p.m.   | Cole Harbour Public Library   | <a href="#">Click here</a> |
| Thursday, Dec. 4   | 9:30 - 11:30 a.m.  | Bedford/Sackville CHT         | <a href="#">Click here</a> |
| Tuesday, Dec. 9    | 10:00 a.m. - noon. | Spryfield Wellness Centre     | <a href="#">Click here</a> |
| Tuesday, Jan. 6    | 2:00 - 4:00 p.m.   | Keshen Goodman Public Library | <a href="#">Click here</a> |
| Wednesday, Jan. 28 | 1:30 - 3:30 p.m.   | Dartmouth CHT                 | <a href="#">Click here</a> |
| Friday, Jan. 30    | 9:30 - 11:30 a.m.  | Halifax CHT                   | <a href="#">Click here</a> |
| Friday, Feb. 6     | 9:30 - 11:30 a.m.  | Bedford/Sackville CHT         | <a href="#">Click here</a> |

## 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!

| DATES               | TIME               | LOCATION                    | REGISTER                   |
|---------------------|--------------------|-----------------------------|----------------------------|
| Wednesday, Sept. 24 | 5:45 - 7:45 p.m.   | Bedford Public Library      | <a href="#">Click here</a> |
| Thursday, Sept. 25  | 6:00 - 8:00 p.m.   | Halifax Central Library     | <a href="#">Click here</a> |
| Tuesday, Nov. 4     | 10:00 a.m. - noon. | Dartmouth CHT               | <a href="#">Click here</a> |
| Monday, Jan. 19     | 9:30 - 11:30 a.m.  | Bedford/Sackville CHT       | <a href="#">Click here</a> |
| Friday, Jan. 23     | 10:00 a.m. - noon. | Cole Harbour Public Library | <a href="#">Click here</a> |



## Meal Planning and Recipe Inspiration

Meal planning can seem intimidating, and it can be hard to know where to start.

Whether you're packing school lunches for kids, planning weeknight suppers or looking to simplify your meal routine. 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.

| DATES               | TIME               | LOCATION                        | REGISTER                   |
|---------------------|--------------------|---------------------------------|----------------------------|
| Monday, Sept. 22    | 2:00 - 4:00 p.m.   | Cole Harbour Public Library     | <a href="#">Click here</a> |
| Wednesday, Sept. 24 | 10:00 a.m. - noon. | Chebucto Family Centre          | <a href="#">Click here</a> |
| Thursday, Oct. 16   | 6:00 - 8:00 p.m.   | Bedford/Sackville CHT           | <a href="#">Click here</a> |
| Thursday, Oct. 30   | 10:00 a.m. - noon. | Halifax Community Health Team   | <a href="#">Click here</a> |
| Friday, Nov. 14     | 9:30 - 11:30 a.m.  | Bedford/Sackville CHT           | <a href="#">Click here</a> |
| Tuesday, Dec. 9     | 10:00 a.m. - noon. | Dartmouth CHT                   | <a href="#">Click here</a> |
| Wednesday, Jan. 14  | 6:00 - 8:00 p.m.   | Salvation Army Fairview         | <a href="#">Click here</a> |
| Monday, Jan. 19     | 1:30 - 3:30 p.m.   | Halifax Community Health Team   | <a href="#">Click here</a> |
| Wednesday, Feb. 11  | 1:30 - 3:30 p.m.   | Dartmouth Community Health Team | <a href="#">Click here</a> |
| Wednesday, Feb. 25  | 1:30 - 3:30 p.m.   | Bedford/Sackville CHT           | <a href="#">Click here</a> |

## Eat Well, Age Well

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.

| DATES             | TIME               | LOCATION                           | REGISTER                   |
|-------------------|--------------------|------------------------------------|----------------------------|
| Thursday, Oct. 2  | 6:00 - 8:00 p.m.   | Bedford/Sackville CHT              | <a href="#">Click here</a> |
| Monday, Oct. 6    | 10:00 a.m. - noon. | Woodlawn Public Library            | <a href="#">Click here</a> |
| Friday, Oct. 10   | 10:00 a.m. - noon. | Halifax CHT                        | <a href="#">Click here</a> |
| Thursday, Oct. 30 | 10:00 a.m. - noon. | Northwood Bedford Community Centre | <a href="#">Click here</a> |
| Monday, Nov. 17   | 1:30 - 3:30 p.m.   | J.D. Shatford Memorial Library     | <a href="#">Click here</a> |
| Monday, Jan. 12   | 1:30 - 3:30 p.m.   | Bedford/Sackville CHT              | <a href="#">Click here</a> |
| Monday, Feb. 2    | 1:30 - 3:30 p.m.   | Bethany United Church              | <a href="#">Click here</a> |
| Thursday, Feb. 12 | 1:00 - 3:00 p.m.   | Kiwanis Club of Dartmouth          | <a href="#">Click here</a> |
| Thursday, Feb. 19 | 2:00 - 4:00 p.m.   | Spryfield Wellness Centre          | <a href="#">Click here</a> |



## Food For One or Two

Get inspired to start cooking healthy meals at home for one or two! You will get easy recipes and helpful strategies to plan meals for your small household. There will be no cooking in this program.

| DATES              | TIME               | LOCATION                            | REGISTER                   |
|--------------------|--------------------|-------------------------------------|----------------------------|
| Thursday, Oct. 2   | 10:00 a.m. - noon. | Woodlawn Public Library             | <a href="#">Click here</a> |
| Tuesday, Oct. 7    | 10:00 a.m. - noon. | Northwood Bedford Community Centre  | <a href="#">Click here</a> |
| Tuesday, Oct. 7    | 10:00 a.m. - noon. | Keshen Goodman Public Library       | <a href="#">Click here</a> |
| Tuesday, Nov. 4    | 6:00 - 8:00 p.m.   | Bedford/Sackville CHT               | <a href="#">Click here</a> |
| Monday, Dec. 1     | 1:30 - 3:30 p.m.   | Alderney Gate Public Library        | <a href="#">Click here</a> |
| Wednesday, Dec. 3  | 6:00 - 8:00 p.m.   | Halifax Central Library             | <a href="#">Click here</a> |
| Wednesday, Feb. 11 | 1:30 - 3:30 p.m.   | Beaver Bank Kinsac Community Centre | <a href="#">Click here</a> |
| Tuesday, Feb. 24   | 1:30 - 3:30 p.m.   | Halifax CHT                         | <a href="#">Click here</a> |

## Be Good to Your Gut

Did you know that good health starts in your gut? Learn how your digestive system works, the role of your gut bacteria and how to feed your gut for good health.

| DATES              | TIME               | LOCATION                             | REGISTER                   |
|--------------------|--------------------|--------------------------------------|----------------------------|
| Tuesday, Oct. 7    | 6:00 - 8:00 p.m.   | Tantallon Public Library             | <a href="#">Click here</a> |
| Thursday, Oct. 9   | 6:00 - 8:00 p.m.   | Bedford/Sackville CHT                | <a href="#">Click here</a> |
| Tuesday, Oct. 14   | 10:00 a.m. - noon. | Dartmouth CHT                        | <a href="#">Click here</a> |
| Wednesday, Oct. 15 | 9:30 - 11:30 a.m.  | Halifax North Memorial Library       | <a href="#">Click here</a> |
| Tuesday, Nov. 25   | 9:30 - 11:30 a.m.  | St. John's United Church, Fall River | <a href="#">Click here</a> |
| Wednesday, Nov. 26 | 1:30 - 3:30 p.m.   | Dartmouth CHT                        | <a href="#">Click here</a> |
| Thursday, Dec. 4   | 1:30 - 3:30 p.m.   | Captain William Spry Public Library  | <a href="#">Click here</a> |
| Monday, Jan. 26    | 1:30 - 3:30 p.m.   | Halifax CHT                          | <a href="#">Click here</a> |
| Tuesday, Jan. 27   | 10:00 a.m. - noon. | Chebucto Family Centre               | <a href="#">Click here</a> |
| Monday, Feb. 9     | 1:30 - 3:30 p.m.   | Memory Lane Family Place             | <a href="#">Click here</a> |
| Wednesday, Feb. 18 | 1:30 - 3:30 p.m.   | Dartmouth CHT                        | <a href="#">Click here</a> |



Scan the QR code to see virtual program options through HealthyNS



# Physical Activity



**Are you looking to be connected to local physical activity resources?  
Call 902-460-4560 and ask for physical activity navigation.**

## 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. If you have previously participated in this program, you may not be eligible.

**Registration for this program cannot be completed online. Call 902-460-4560 for registration and physical activity screen.**

| DATES                  | TIME       | LOCATION                                      |
|------------------------|------------|-----------------------------------------------|
| Mondays and Wednesdays | Afternoons | Acadia Hall, Lower Sackville                  |
| Tuesdays and Thursdays | Mornings   | Canada Games Centre                           |
| Tuesdays and Thursdays | Afternoons | East Dartmouth Community Centre               |
| Tuesdays and Thursdays | Afternoons | Halifax Good Shepherd Parish - St. Agnes Site |





# Physical Activity

## 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 30 minutes without stopping and be able to get up and down from the floor without difficulty. **Register and complete the physical activity screen at [www.communityhealthteams.ca](http://www.communityhealthteams.ca).** A physiotherapist will review and confirm all registrations. If you have previously participated in this program, you may not be eligible.

| DATES                                 | TIME       | LOCATION            | REGISTER                   |
|---------------------------------------|------------|---------------------|----------------------------|
| Mondays and Thursdays starts Sept. 29 | Afternoons | Cole Harbour Place  | <a href="#">Click here</a> |
| Mondays and Wednesdays starts Oct. 6  | Afternoons | Canada Games Centre | <a href="#">Click here</a> |
| Mondays and Wednesdays starts Jan. 12 | Afternoons | Canada Games Centre | <a href="#">Click here</a> |

## Balance Basics (2-week program)

Do you want to feel more steady and confident on your feet? Balance Basics is a two-week program that will give people strategies to improve their balance and prevent falls. Each session includes exercise and group discussion. Participants will be shown strength and balance exercises they can do at home. **Register and complete the physical activity screen at [www.communityhealthteams.ca](http://www.communityhealthteams.ca).**

| DATES                           | TIME               | LOCATION                                    | REGISTER                   |
|---------------------------------|--------------------|---------------------------------------------|----------------------------|
| Fridays, Sept. 19 and 26        | 9:30 - 11:30 a.m.  | St. Andrew's Community Centre               | <a href="#">Click here</a> |
| Wednesdays, Sept. 24 and Oct. 1 | 4:00 - 6:00 p.m.   | St. Margaret's Centre                       | <a href="#">Click here</a> |
| Thursdays, Oct. 2 and 9         | 9:30 - 11:30 a.m.  | Bedford/Sackville CHT                       | <a href="#">Click here</a> |
| Fridays, Nov. 7 and 14          | 10:00 a.m. - noon. | Harrietsfield Williamswood Community Centre | <a href="#">Click here</a> |
| Thursdays, Nov. 13 and 20       | 1:30 - 3:30 p.m.   | Sackville Heights Community Centre          | <a href="#">Click here</a> |
| Mondays, Dec. 1 and 8           | 9:30 - 11:30 a.m.  | Halifax CHT                                 | <a href="#">Click here</a> |
| Wednesdays, Jan. 7 and 14       | 10:00 a.m. - noon. | Woodlawn United Church                      | <a href="#">Click here</a> |
| Wednesdays, Jan. 14 and 21      | 5:00 - 7:00 p.m.   | Canada Games Centre                         | <a href="#">Click here</a> |
| Fridays, Jan. 16 and 23         | 1:30 - 3:30 p.m.   | Halifax Central Library                     | <a href="#">Click here</a> |
| Thursdays, Jan. 22 and 29       | 9:30 - 11:30 a.m.  | Bedford/Sackville CHT                       | <a href="#">Click here</a> |
| Wednesdays, Feb. 18 and 25      | 10:00 a.m. - noon. | Woodlawn United Church                      | <a href="#">Click here</a> |



# 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 two falls in the past year. 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. **Register and complete the physical activity screen at [www.communityhealthteams.ca](http://www.communityhealthteams.ca).** A physiotherapist will review and confirm all registrations. If you have previously participated in this program, you may not be eligible.

| DATES                                 | TIME       | LOCATION                                 | REGISTER                   |
|---------------------------------------|------------|------------------------------------------|----------------------------|
| Tuesdays and Fridays starts Oct. 7    | Afternoons | Bedford-Hammonds Plains Community Centre | <a href="#">Click here</a> |
| Mondays and Fridays starts Sept. 29   | Mornings   | St. Andrew's Community Centre            | <a href="#">Click here</a> |
| Mondays and Wednesdays starts Oct. 20 | Mornings   | North Woodside Community Centre          | <a href="#">Click here</a> |
| Mondays and Wednesdays starts Oct. 20 | Mornings   | Spryfield Wellness Centre                | <a href="#">Click here</a> |
| Tuesdays and Fridays starts Jan. 13   | Afternoons | Bedford-Hammonds Plains Community Centre | <a href="#">Click here</a> |
| Mondays and Fridays starts Jan. 26    | Mornings   | St. Andrew's Community Centre            | <a href="#">Click here</a> |

## Ready, Set, Move (4-week program)

Are you interested in learning about all the different parts of an active lifestyle? This series includes all of our Ready Set Move topics (Move More for Better Health, Intro to Cardio, Strengthening, Stretching and Balance). We will help you to explore creative ways to get more movement in your day, develop an action plan, stay motivated and keep the change going for long-term success.

**Register and complete the physical activity screen at [www.communityhealthteams.ca](http://www.communityhealthteams.ca).**

| DATES                         | TIME               | LOCATION                                    | REGISTER                   |
|-------------------------------|--------------------|---------------------------------------------|----------------------------|
| Fridays, Sept. 26 to Oct. 17  | 10:00 a.m. - noon. | Dartmouth CHT                               | <a href="#">Click here</a> |
| Wednesdays, Nov. 12 to Dec. 3 | 9:30 - 11:30 a.m.  | Halifax CHT                                 | <a href="#">Click here</a> |
| Fridays, Nov. 21 to Dec. 12   | 9:30 - 11:30 a.m.  | Bedford/Sackville CHT                       | <a href="#">Click here</a> |
| Thursdays, Feb. 5 to 26       | 9:30 - 11:30 a.m.  | Bedford/Sackville CHT                       | <a href="#">Click here</a> |
| Fridays, Feb. 6 to 27         | 10:00 a.m. - noon. | Harrietsfield Williamswood Community Centre | <a href="#">Click here</a> |



# 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. **Register and complete the physical activity screen at [www.communityhealthteams.ca](http://www.communityhealthteams.ca).**

| DATES              | TIME              | LOCATION              | REGISTER                   |
|--------------------|-------------------|-----------------------|----------------------------|
| Tuesday, Dec. 9    | 9:30 - 11:30 a.m. | Bedford/Sackville CHT | <a href="#">Click here</a> |
| Wednesday, Jan. 14 | 1:30 - 3:30 p.m.  | Bethany United Church | <a href="#">Click here</a> |

## Ready, Set, Move: Strengthening Outdoor Edition

Are you curious about outdoor equipment? This session will teach you how to safely use this equipment and progress these exercises on your own. An email with the specific meeting location will be sent out the week before. Rain date will be the following week at the same time. You must be able to walk for 15 minutes. **Register and complete the physical activity screen at [www.communityhealthteams.ca](http://www.communityhealthteams.ca).**

| DATES              | TIME              | LOCATION       | REGISTER                   |
|--------------------|-------------------|----------------|----------------------------|
| Thursday, Sept. 25 | 5:00 - 6:30 p.m.  | Westmount Park | <a href="#">Click here</a> |
| Wednesday, Oct. 8  | 9:00 - 10:30 a.m. | Dewolf Park    | <a href="#">Click here</a> |

## 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. **Register and complete the physical activity screen at [www.communityhealthteams.ca](http://www.communityhealthteams.ca).**

| DATES              | TIME               | LOCATION                    | REGISTER                   |
|--------------------|--------------------|-----------------------------|----------------------------|
| Friday, Oct. 3     | 10:00 a.m. - noon. | Spryfield Wellness Centre   | <a href="#">Click here</a> |
| Wednesday, Oct. 15 | 1:30 - 3:30 p.m.   | Bethany United Church       | <a href="#">Click here</a> |
| Friday, Dec. 12    | 10:00 a.m. - noon. | Tantallon Public Library    | <a href="#">Click here</a> |
| Friday, Jan. 30    | 10:00 a.m. - noon. | Cole Harbour Public Library | <a href="#">Click here</a> |
| Wednesday, Feb. 11 | 9:30 - 11:30 a.m.  | Halifax CHT                 | <a href="#">Click here</a> |
| Friday, Feb. 27    | 2:00 - 4:00 p.m.   | Sackville Public Library    | <a href="#">Click here</a> |



## Physical Activity

### 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. This program does not require a physical activity screen.

| DATES             | TIME               | LOCATION                      | REGISTER                   |
|-------------------|--------------------|-------------------------------|----------------------------|
| Thursday, Nov. 6  | 9:30 - 11:00 a.m.  | Halifax CHT                   | <a href="#">Click here</a> |
| Monday, Nov. 24   | 6:30 - 8:00 p.m.   | Memory Lane Family Place      | <a href="#">Click here</a> |
| Wednesday, Dec. 3 | 10:00 - 11:30 a.m. | Dartmouth CHT                 | <a href="#">Click here</a> |
| Tuesday, Jan. 27  | 5:30 - 7:00 p.m.   | Keshen Goodman Public Library | <a href="#">Click here</a> |

**Tell us what is important to support your health and wellness!**



Visit: [YourVoiceMattersCHT.ca](https://YourVoiceMattersCHT.ca)  
or scan the QR code to take our  
3-5 minute survey.



SCAN ME

### The Nova Scotia Brotherhood Initiative and the Nova Scotia Sisterhood

are teams of Black healthcare professionals providing free services to Black men and women including medical care, health education, chronic disease management, wellness navigation and more!

[CLICK HERE](#) for more information on the Nova Scotia Brotherhood Initiative, or call (902) 421-7260.

[CLICK HERE](#) for information on the Nova Scotia Sisterhood, or call (902) 421-7270.



**Register Now!**

# Arabic Programs



These programs are offered in Arabic or with Arabic interpretation to help make health and wellness information more accessible for Arabic-speaking adults in our community.

## Healthy Eating 101

أساسيات الأكل الصحي  
هل تشعر بالحيرة حول من أين تبدأ رحلتك نحو الأكل الصحي؟ ابدأ من الأساسيات مع معلومات مستمدة من دليل كندا الغذائي لتتعلم كيف تتناول طعامًا صحيًا بشكل أفضل. - ستقدّم الجلسة مع ترجمة فورية إلى اللغة العربية.

| DATES             | TIME              | LOCATION                             | REGISTER                   |
|-------------------|-------------------|--------------------------------------|----------------------------|
| Thursday, Nov. 20 | 10:00 a.m. - noon | Nova Scotia Islamic Community Centre | <a href="#">Click here</a> |

## Exploring Emotions

التعرف على المشاعر!  
في هذه الجلسة، ستتعلم كيف يساعدك فهم مشاعرك على تحسين صحتك العامة. ستحصل على أدوات ومعلومات تساعدك على التعرف على ردود فعلك العاطفية وفهم العلاقة بين الأفكار والمشاعر والسلوك. يساعدك البرنامج على بناء الثقة في فهم مشاعرك وكيفية التعامل معها. ملاحظة: هذه الجلسة ستقدّم باللغة العربية.

| DATES             | TIME              | LOCATION                             | REGISTER                   |
|-------------------|-------------------|--------------------------------------|----------------------------|
| Thursday, Jan. 29 | 10:00 a.m. - noon | Nova Scotia Islamic Community Centre | <a href="#">Click here</a> |



[Register Now!](#)

# 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. Please note: programs are not offered during holidays.

## Caregivers Support Group - Caregivers Nova Scotia

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

| DATES                                                    | TIME             | LOCATION                  |
|----------------------------------------------------------|------------------|---------------------------|
| First Wednesday of each month                            | 1:00 - 3:00 p.m. | Dartmouth CHT             |
| First Thursday of each month                             | 1:00 - 3:00 p.m. | Halifax CHT               |
| Third Wednesday of each month                            | 1:00 - 3:00 p.m. | Spryfield Wellness Centre |
| Last Wednesday of each month.<br>No session in December. | 6:00 - 7:30 p.m. | Bedford/Sackville CHT     |

## Advance Care Planning - Inspired COPD Outreach Program, Nova Scotia Health

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

| DATES            | TIME               | LOCATION              |
|------------------|--------------------|-----------------------|
| Tuesday, Oct. 14 | 10:00 a.m. - noon. | Bedford/Sackville CHT |

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

No registration required.

| DATES     | TIME             | LOCATION      |
|-----------|------------------|---------------|
| Thursdays | 3:30 - 4:30 p.m. | Dartmouth CHT |

## Multiple Sclerosis Peer Support Health Group - MS Canada

To register, contact the MS Knowledge Network: 1-844-859-6789 or [msnavigators@mscanada.ca](mailto:msnavigators@mscanada.ca)

| DATES                      | TIME             | LOCATION      |
|----------------------------|------------------|---------------|
| Third Friday of each month | 1:00 - 3:30 p.m. | Dartmouth CHT |

## Learn to Meditate for Free - Sahaja Yoga

To register, please email [info@freemeditation.ca](mailto:info@freemeditation.ca)

| DATES                     | TIME             | LOCATION    |
|---------------------------|------------------|-------------|
| Mondays starting Sept. 15 | 6:00 - 7:00 p.m. | Halifax CHT |

# HealthyNS Virtual Programs

**HealthyNS provides virtual health and wellness programs to all Nova Scotians.**

The Community Health Teams partner with HealthyNS to provide flexible program options.

The Community Health Teams will be facilitating the below programs through **HealthyNS**. To see the full schedule of virtual programs and to register at [www.HealthyNS.ca](http://www.HealthyNS.ca) or scan the QR code below.

| OCTOBER PROGRAMS             | DATE                         | TIME             | REGISTER                   |
|------------------------------|------------------------------|------------------|----------------------------|
| Self-Compassion (1-week)     | Monday, Oct. 6               | 6:00 - 7:30 p.m. | <a href="#">Click here</a> |
| Understanding Pain (3-weeks) | Fridays, Oct. 10 to 24       | noon - 1:30 p.m. | <a href="#">Click here</a> |
| Exploring Emotions (4-weeks) | Thursdays, Oct. 16 to Nov. 6 | 2:00 - 3:30 p.m. | <a href="#">Click here</a> |

| NOVEMBER PROGRAMS                    | DATE                       | TIME               | REGISTER                   |
|--------------------------------------|----------------------------|--------------------|----------------------------|
| Prediabetes (3-weeks)                | Fridays, Nov. 7 to 21      | noon - 1:30 p.m.   | <a href="#">Click here</a> |
| Take Charge of Your Stress (4-weeks) | Mondays, Nov. 17 to Dec. 8 | 10:00 - 11:30 a.m. | <a href="#">Click here</a> |
| Take Charge of Your Stress (1-week)  | Tuesday, Nov. 25           | 2:00 - 3:30 p.m.   | <a href="#">Click here</a> |
| Beyond Weight (1-week)               | Thursday, Nov. 27          | 2:00 - 3:30 p.m.   | <a href="#">Click here</a> |



Scan the QR code to see virtual program options through HealthyNS

**Register Now!**

# HealthyNS Virtual Programs

| DECEMBER PROGRAMS                | DATE                    | TIME               | REGISTER                   |
|----------------------------------|-------------------------|--------------------|----------------------------|
| Food and Mood (2-weeks)          | Tuesdays, Dec. 2 to 9   | noon - 1:30 p.m.   | <a href="#">Click here</a> |
| Making Peace with Food (2-weeks) | Thursdays, Dec. 4 to 11 | 10:00 - 11:30 a.m. | <a href="#">Click here</a> |
| Understanding Food Labels        | Thursday, Dec. 4        | 2:00 - 3:30 p.m.   | <a href="#">Click here</a> |

| JANUARY PROGRAMS                        | DATE                           | TIME               | REGISTER                   |
|-----------------------------------------|--------------------------------|--------------------|----------------------------|
| Be Good to Your Gut (3-weeks)           | Tuesdays, Jan. 6 to 20         | 10:00 - 11:30 a.m. | <a href="#">Click here</a> |
| Beyond Weight (11-weeks)                | Wednesdays, Jan. 7 to Mar. 18  | noon - 1:30 p.m.   | <a href="#">Click here</a> |
| Meal Planning and Recipe Inspiration    | Friday, Jan. 9                 | 10:00 - 11:30 a.m. | <a href="#">Click here</a> |
| How to Speak Assertively (3-weeks)      | Mondays, Jan. 19 to Feb. 2     | 6:00 - 7:30 p.m.   | <a href="#">Click here</a> |
| Discover Your Strengths                 | Thursday, Jan. 22              | 6:00 - 7:30 p.m.   | <a href="#">Click here</a> |
| Mediterranean Inspired Eating (2-weeks) | Tuesdays, Jan. 27 to Feb. 3    | 6:00 - 7:30 p.m.   | <a href="#">Click here</a> |
| Understanding Pain (3-weeks)            | Wednesdays, Jan. 28 to Feb. 11 | 6:30 - 8:00 p.m.   | <a href="#">Click here</a> |

| FEBRUARY PROGRAMS                      | DATE                           | TIME             | REGISTER                   |
|----------------------------------------|--------------------------------|------------------|----------------------------|
| Your Heart Matters (4-weeks)           | Wednesdays, Feb. 4 to 25       | 2:00 - 3:30 p.m. | <a href="#">Click here</a> |
| Exploring Emotions                     | Thursday, Feb. 5               | 2:00 - 3:30 p.m. | <a href="#">Click here</a> |
| Food for One or Two                    | Monday, Feb. 9                 | 6:00 - 7:30 p.m. | <a href="#">Click here</a> |
| Beginner's Guide to Plant-Based Eating | Tuesday, Feb. 17               | 6:00 - 7:30 p.m. | <a href="#">Click here</a> |
| Eat Well, Age Well                     | Thursday, Feb. 19              | 2:00 - 3:30 p.m. | <a href="#">Click here</a> |
| Self-Compassion (3-weeks)              | Thursdays, Feb. 26 to March 12 | 6:00 - 7:30 p.m. | <a href="#">Click here</a> |



Scan the QR code to see virtual program options through HealthyNS

[Register Now!](#)

# Community Locations

## Community Locations for Bedford/Sackville

Bedford/Sackville Community Health Team – 1658 Bedford Highway

Located in the Bedford Place Mall (main level)

| LOCATION                                     | ADDRESS                              |
|----------------------------------------------|--------------------------------------|
| Acadia Hall                                  | 636 Sackville Drive, Lower Sackville |
| Beaver Bank Kinsac Community Centre          | 1583 Beaver Bank Road, Beaver Bank   |
| Bedford-Hammonds Plains Community Centre     | 202 Innovation Drive, Bedford        |
| Bedford Public Library                       | 15 Dartmouth Road, Bedford           |
| DeWolfe Park                                 | 150 Waterfront Drive, Bedford        |
| Memory Lane Family Place                     | 22 Memory Lane, Lower Sackville      |
| Northwood Bedford Community Centre           | 185 Gary Martin Drive, Bedford       |
| Nova Scotia Islamic Community Centre (NSICC) | 2141 Larry Uteck Blvd, 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   |
| Wallace Lucas Community Centre               | 596 Lucasville Road, Lucasville      |

## Community Locations for Chebucto (Halifax Mainland)

Chebucto Community Health Team 16 Dentith Road, Halifax

Located in the Spryfield Wellness Centre

| LOCATION                                               | ADDRESS                                  |
|--------------------------------------------------------|------------------------------------------|
| Captain William Spry Public Library                    | 16 Sussex Street, Halifax                |
| Canada Games Centre                                    | 26 Thomas Raddall Drive, Halifax         |
| Chebucto Family Centre                                 | 3 Sylvia Avenue, Halifax                 |
| Harrietsfield Williamswood Community Centre <b>NEW</b> | 1138 Old Sambro Road, Harrietsfield      |
| J.D. Shatford Memorial Public Library                  | 10353 St. Margaret's Bay Road, Hubbards  |
| Keshen Goodman Public Library                          | 330 Lacewood Drive, Halifax              |
| Nova Village NS                                        | 6 Titus Street, Halifax                  |
| Prospect Road Community Centre                         | 2141 Prospect Road, Hatchet Lake         |
| Salvation Army Fairview                                | 50 Gesner Street, Halifax                |
| Spryfield Wellness Centre                              | 16 Dentith Road, Halifax (Spryfield)     |
| St. Peter's Church <b>NEW</b>                          | 10030 Peggy's Cove Road (Hackett's Cove) |
| St. Margaret's Centre                                  | 12 Westwood Blvd, Upper Tantallon        |
| Tantallon Public Library                               | 3646 Hammonds Plains Road, Tantallon     |

# Community Locations

## Community Locations for Dartmouth

Dartmouth Community Health Team – 58 Tacoma Drive

| LOCATION                            | ADDRESS                               |
|-------------------------------------|---------------------------------------|
| Alderney Gate Public Library        | 60 Alderney Drive, Dartmouth          |
| Cole Harbour Public Library         | 51 Forest Hills Parkway, Cole Harbour |
| East Dartmouth Community Centre     | 50 Caledonia Road, Dartmouth          |
| East Preston Family Resource Centre | 1900 Highway 7, East Preston          |
| Kiwanis Club of Dartmouth           | 45 Graham's Grove, Dartmouth          |
| North Woodside Community Centre     | 230 Pleasant Street, Dartmouth        |
| Woodlawn Public Library             | 31 Eisener Boulevard, Dartmouth       |
| Woodlawn United Church <b>NEW</b>   | 54 Woodlawn Road, Dartmouth           |

## Community Locations for Halifax Peninsula

Halifax Peninsula Community Health Team

7001 Mumford Road, Halifax

Located in the Halifax Shopping Centre (Halifax Place)

| LOCATION                                        | ADDRESS                          |
|-------------------------------------------------|----------------------------------|
| Bethany United Church                           | 2669 Joseph Howe Drive, Halifax  |
| Common Roots Urban Farm BiHi                    | 7064 Bayers Road, Halifax        |
| Faith City Church <b>NEW</b>                    | 6225 Summit Street, Halifax      |
| Good Shepherd Parish (St. Agnes Site)           | 6903 Mumford Road, Halifax       |
| Halifax Central Library                         | 5440 Spring Garden Road, Halifax |
| Halifax North Memorial Library                  | 2285 Gottingen Street, Halifax   |
| Mulgrave Park Caring and Learning Centre        | 57 Jarvis Lane, Halifax          |
| St. Andrew's Community Centre                   | 3380 Barnstead Lane, Halifax     |
| YMCA – Armdale Professional Building <b>NEW</b> | 2625 Joseph Howe Drive, Halifax  |

## What is a Community Health Team?

- Free group programs related to parenting, mental wellness, healthy eating, physical activity and reducing health risks.
- Wellness Navigation to help you set priorities and get connected to health and community resources.
- Programs at convenient times and locations throughout the community to make participation easier.
- Works closely with community organizations toward building stronger and healthier communities.

## Find Your Community Health Team

**Bedford/Sackville Community Health Team** - 1658 Bedford Hwy (main level, Bedford Place Mall)  
**Serving:** Beaver Bank, Bedford, Fall River, Hammonds Plains, Lucasville, Mount Uniacke, Sackville and Waverley.

**Chebucto Community Health Team (Halifax Mainland)** - 16 Dentith Road, Halifax  
**Serving:** Spryfield, Herring Cove, Armdale, Sambro Loop, the Pennants, Purcell's Cove, Fairview, Clayton Park, Beechville, Lakeside, Timberlea, Hubley, Tantallon, St. Margaret's Bay, Hubbards, Prospect and Hatchet Lake.

**Dartmouth Community Health Team** - 58 Tacoma Drive, Dartmouth  
**Serving:** Dartmouth, Cole Harbour, Eastern Passage, Lawrencetown, Mineville, North Preston and East Preston.

**Halifax Community Health Team (Halifax Peninsula)** - 7001 Mumford Road, Halifax Shopping Centre, Halifax Place, first floor, Unit 102  
**Serving:** Downtown, North End, South End and West End Halifax.