

Fall-Winter 2023/2024



in PARTNERSHIP with



Free Health & Wellness Programs

communityhealthteams.ca

902-460-4560

Community Health Teams 

Program Information



Please ask about accessibility and interpretation services.

Program Information

The Community Health Teams are a program of Nova Scotia Health in partnership with IWK where healthcare providers offer **free** health and wellness programming. Programs are open to residents of Nova Scotia age 18 and older with a valid NS health card (unless otherwise indicated in the program description).

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

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.** You will be required to provide your health card number to register.

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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?

Wellness Navigators

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.



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.

Wednesday, Oct 18	6:00-7:30 pm	Sackville Public Library	Click here to Register
Tuesday, Oct 24	10:00-11:30 am	Spryfield Wellness Centre	Click here to Register
Monday, Nov 6	12:00-1:15 pm	Online Zoom Program	Click here to Register
Wednesday, Nov 8	1:30-3:00 pm	Dartmouth CHT	Click here to Register
Monday, Nov 27	1:30-3:00 pm	Halifax CHT	Click here to Register
Monday, Jan 8	10:00-11:30 am	Dartmouth CHT	Click here to Register
Wednesday, Jan 17	10:00-11:30 am	Keshen Goodman Public Library	Click here to Register
Thursday, Jan 18	1:30-3:00 pm	Bedford CHT	Click here to Register
Thursday, Feb 15	10:00-11:30 am	Spryfield Wellness Centre	Click here to Register

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

Keep it Going with Your Health Goals

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

Thursday, Nov 30	10:00-11:30 am	Dartmouth CHT	Click here to Register
Friday, Dec 1	10:00-11:30 am	Bedford CHT	Click here to Register
Monday, Dec 4	12:00-1:15 pm	Online Zoom Program	Click here to Register
Wednesday, Jan 24	1:30-3:00 pm	Dartmouth CHT	Click here to Register
Monday, Jan 29	6:00-7:30 pm	Halifax CHT	Click here to Register
Thursday, Feb 15	10:00-11:30 am	Spryfield Wellness Centre	Click here to Register
Tuesday, Feb 27	1:30-3:00 pm	Bedford CHT	Click here to Register

Don't have time for a live session? [Click here](#) to view an interactive recording.



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.

Tuesdays, Oct 31-Nov 14 10:00-11:15 am 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.

Wednesday, Sept 13 9:30 am-noon Spryfield Wellness Centre [Click here](#) to Register

Friday, Sept 22 1:00-3:30 pm Wallace Lucas Community Centre [Click here](#) to Register

Monday, Sept 25 5:30-8:00 pm John W. Lindsay YMCA [Click here](#) to Register

Mondays, Oct 16-30 12:00-1:15 pm Online Zoom Program [Click here](#) to Register

Tuesday, Oct 24 6:00-8:30 pm Woodlawn Public Library [Click here](#) to Register

Thursday, Oct 26 1:00-3:30 pm Prospect Road Community Centre [Click here](#) to Register

Thursday, Nov 2 9:00-11:30 am Bedford CHT [Click here](#) to Register

Monday, Nov 6 1:00-3:30 pm Bethany United [Click here](#) to Register

Wednesday, Nov 8 6:00-8:30 pm Canada Games Centre [Click here](#) to Register

Monday, Dec 4 9:30 am-noon Dartmouth CHT [Click here](#) to Register

Wednesday, Dec 6 2:00-4:30 pm Salvation Army Fairview [Click here](#) to Register

Friday, Jan 19 9:30 am-noon Halifax CHT [Click here](#) to Register

Monday, Feb 5 9:00-11:30 am Bedford CHT [Click here](#) to Register

Thursdays, Feb 15-29 6:00-7:15 pm Online Zoom Program [Click here](#) to Register

Tuesday, Feb 20 1:00-3:30 pm Dartmouth CHT [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.

Thursday, Sept 21	6:00-8:00 pm	Cole Harbour Public Library	Click here to Register
Friday, Sept 29	9:30-11:30 am	St John's United Church	Click here to Register
Tuesday, Oct 24	6:00-8:00 pm	Halifax North Memorial Public Library	Click here to Register
Monday, Nov 27	2:00-4:00 pm	Parkland Clayton Park	Click here to Register
Tuesday, Dec 5	1:30-3:30 pm	Bedford CHT	Click here to Register
Tuesday, Jan 9	10:00 am-noon	Halifax CHT	Click here to Register
Tuesday, Jan 16	10:00 am-noon	Salvation Army Spryfield	Click here to Register
Wednesday, Feb 7	9:30-11:30 am	Bedford CHT	Click here to Register
Monday, Feb 26	1:30-3:30 pm	Dartmouth 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.

Tuesdays, Sept 19-Oct 10	6:00-8:00 pm	Woodlawn Public Library	Click here to Register
Tuesdays, Sept 19-Oct 10	10:00 am-noon	Spryfield Wellness Centre	Click here to Register
Tuesdays, Oct 17-Nov 7	1:30-3:30 pm	Bedford CHT	Click here to Register
Wednesdays, Jan 24-Feb 14	2:00-4:00 pm	Tantallon Public Library	Click here to Register
Wednesdays, Feb 7-28	10:00 am-noon	Dartmouth CHT	Click here to Register
Wednesdays, Feb 7-28	6:00-8:00 pm	Halifax Central Library	Click here to Register
Fridays, Feb 9-March 1	2:00-4:00 pm	Bedford Public Library	Click here to Register



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.

Wednesday, Sept 20	6:00-7:00 pm	Spryfield Wellness Centre	Click here to Register
Monday, Sept 25	10:00-11:00 am	Bedford CHT	Click here to Register
Tuesday, Oct 3	10:00-11:00 am	St. Andrews Community Centre	Click here to Register
Friday, Oct 27	10:00-11:00 am	Dartmouth CHT	Click here to Register
Thursday, Nov 30	2:00-3:00 pm	Beaver Bank Kinsac Community Centre	Click here to Register
Thursday, Jan 11	1:00-2:00 pm	Dartmouth CHT	Click here to Register
Friday, Jan 12	1:30-2:30 pm	Halifax CHT	Click here to Register
Monday, Jan 15	1:30-2:30 pm	Spryfield Wellness Centre	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.

Friday, Sept 15	10:00 am-noon	Dartmouth CHT	Click here to Register
Thursday, Sept 28	6:00-8:00 pm	Bedford CHT	Click here to Register
Thursday, Sept 28	6:00-8:00 pm	Spryfield Wellness Centre	Click here to Register
Fridays, Oct 13 & 20	12:00-1:15 pm	Online Zoom Program	Click here to Register
Wednesday, Nov 1	1:00-3:00 pm	Spryfield Wellness Centre	Click here to Register
Wednesday, Nov 1	10:00 am-noon	Dartmouth CHT	Click here to Register
Thursday, Nov 23	1:30-3:30 pm	Bedford CHT	Click here to Register
Monday, Jan 8	1:30-3:30 pm	Dartmouth CHT	Click here to Register
Monday, Jan 15	9:30-11:30 am	Bedford CHT	Click here to Register
Monday, Feb 5	1:30-3:30 pm	St. Andrews Community Centre	Click here to Register
Wednesday, Feb 28	10:00 am-noon	Spryfield Wellness Centre	Click here to Register



Food and Mood

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

Thursday, Sept 28	10:00 am-noon	Halifax CHT	Click here to Register
Tuesday, Nov 14	1:30-3:30 pm	Spryfield Wellness Centre	Click here to Register
Thursday, Nov 16	9:30-11:30 am	Bedford CHT	Click here to Register
Monday, Nov 20	1:30-3:30 pm	John W. Lindsay YMCA	Click here to Register
Tuesday, Nov 28	10:00 am-noon	Dartmouth CHT	Click here to Register
Wednesday, Feb 21	1:00-3:00 pm	Sackville Public Library	Click here to Register
Thursday, Feb 22	1:30-3:30 pm	Dartmouth CHT	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.

Tuesdays, Sept 12 & 19	6:00-8:00 pm	Bedford CHT	Click here to Register
Fridays, Sept 22 & 29	10:00 am-noon	Dartmouth CHT	Click here to Register
Wednesdays, Oct 11 & 18	10:00 am-noon	Captain William Spryfield Public Library	Click here to Register
Tuesdays, Oct 17 & 24	1:30-3:30 pm	Bethany United Church	Click here to Register
Wednesdays, Nov 22 & 29	6:00-8:00 pm	Salvation Army Fairview	Click here to Register
Thursdays, Jan 11 & 18	9:30-11:30 am	Saint John’s United Church	Click here to Register
Thursdays, Jan 25 & Feb 1	1:00-3:00 pm	Dartmouth 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, Jan 9-Mar 19	6:30-8:00 pm	Online Zoom Program	Click here to Register
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Introduction to Beyond Weight – 2 Week Program

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

Fridays, Sept 22 & 29	10:00 am-noon	Halifax CHT	Click here to Register
Tuesdays, Oct 3 & 10	6:00-8:00 pm	Bedford CHT	Click here to Register
Wednesdays, Oct 11 & 18	1:30-3:30 pm	Dartmouth CHT	Click here to Register
Mondays, Oct 30 & Nov 6	6:00-8:00 pm	Spryfield Wellness Centre	Click here to Register
Tuesdays, Nov 7 & 14	2:00-3:15 pm	Online Zoom Program	Click here to Register
Fridays, Jan 19 & 26	10:00 am-noon	Dartmouth CHT	Click here to Register
Wednesdays, Jan 24 & 31	1:00-3:00 pm	Sackville 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 define plant-based eating as a pattern that emphasizes mostly plant foods: vegetables, fruits, whole grains, legumes, nuts, and seeds. 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.

Wednesday, Sept 20	10:00 am-noon	Halifax CHT	Click here to Register
Tuesday, Sept 26	9:30-11:30 am	Bedford CHT	Click here to Register
Thursday, Oct 5	10:00 am-noon	Dartmouth CHT	Click here to Register
Thursday, Oct 5	6:00-8:00 pm	Spryfield Wellness Centre	Click here to Register
Thursday, Oct 19	2:00-4:00 pm	JD Shatford Memorial Library	Click here to Register
Monday, Nov 27	1:30-3:30 pm	Bedford CHT	Click here to Register
Monday, Jan 22	1:30-3:30 pm	John W. Lindsay YMCA	Click here to Register
Thursday, Feb 8	6:00-8:00 pm	Cole Harbour Library	Click here to Register
Wednesday, Feb 28	9:30-11:30 am	Bedford CHT	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, Sept 21	9:30-11:30 am	Bedford CHT	Click here to Register
Thursday, Oct 26	6:00-8:00 pm	Halifax CHT	Click here to Register
Thursday, Nov 2	6:00-8:00 pm	Spryfield Wellness Centre	Click here to Register
Monday, Nov 6	1:30-3:30 pm	Memory Lane Family Place	Click here to Register
Wednesday, Nov 15	1:30-3:30 pm	Dartmouth CHT	Click here to Register
Tuesday, Jan 4	9:30-11:30 am	Bedford CHT	Click here to Register
Tuesday, Jan 16	6:00-8:00 pm	Woodlawn Public Library	Click here to Register
Monday, Feb 26	1:30-3:30 pm	Halifax CHT	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, Sept 12	10:00 am-noon	Dartmouth CHT	Click here to Register
Thursday, Sept 14	1:30-3:30 pm	Beaver Bank Kinsac Community Centre	Click here to Register
Wednesday, Oct 4	1:30-3:30 pm	Halifax North Memorial Public Library	Click here to Register
Wednesday, Nov 15	1:30-3:30 pm	Lakeside Community Centre	Click here to Register
Tuesday, Nov 21	1:30-3:30 pm	Bedford CHT	Click here to Register
Thursday, Nov 30	6:00-8:00 pm	Cole Harbour Library	Click here to Register
Tuesday, Dec 5	6:00-8:00 pm	Spryfield Wellness Centre	Click here to Register
Monday, Jan 29	1:00-3:00 pm	Dartmouth CHT	Click here to Register
Monday, Feb 12	10:00 am-noon	Halifax CHT	Click here to Register
Wednesday, Feb 14	9:30-11:30 am	Bedford CHT	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.

Monday, Sept 18	6:00-7:30 pm	NS Community College (Leeds St)	Click here to Register
Tuesday, Sept 26	1:00-2:30 pm	Woodlawn Public Library	Click here to Register
Tuesday, Oct 10	10:00-11:30 am	Salvation Army Spryfield	Click here to Register
Wednesday, Oct 25	6:00-7:30 pm	Sackville Public Library	Click here to Register
Wednesday, Nov 8	10:00-11:30 am	Halifax CHT	Click here to Register
Thursday, Jan 25	1:30-3:00 pm	Memory Lane Family Place	Click here to Register
Tuesday, Feb 27	10:00-11:30 am	Dartmouth CHT	Click here to Register

Understand Food Labels – NEW!

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, Sept 19	1:30-3:00 pm	Memory Lane Family Place	Click here to Register
Thursday, Oct 5	2:00-3:30 pm	Halifax Central Library	Click here to Register
Friday, Oct 6	10:00-11:30 am	Dartmouth CHT	Click here to Register
Thursday, Oct 12	10:00-11:30 am	Spryfield Wellness Centre	Click here to Register
Wednesday, Nov 8	1:00-2:30 pm	Sackville Public Library	Click here to Register
Wednesday, Nov 22	1:00-2:30 pm	Dartmouth CHT	Click here to Register
Thursday, Nov 30	6:30-8:00 pm	Halifax CHT	Click here to Register
Monday, Jan 29	9:30-11:00 am	Bedford CHT	Click here to Register
Thursday, Feb 15	1:00-2:30 pm	Dartmouth CHT	Click here to Register
Tuesday, Feb 20	1:30-3:00 pm	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)

Monday and Wednesdays	Afternoons	Lower Sackville-Acadia Hall
Tuesdays and Thursdays	Mornings	Clayton Park-Canada Games Centre
Tuesday and Thursday	Afternoons	East Dartmouth Community Centre
Tuesday and Thursday	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 complete the screen online at www.communityhealthteams.ca or call 902-460-4560 (press 1 for Bedford/Sackville, 2 for Chebucto, 3 for Dartmouth and 4 for Halifax).

Mondays and Thursdays (starting Sept 11)	3:00-4:00 pm	Cole Harbour Place
Mondays and Wednesdays (starting Sept 18)	1:15-2:15 pm	Canada Games Centre
Mondays and Wednesdays (starting January 8)	1:15-2:15 pm	Canada Games centre



Physical Activity

Building Better Balance – 6 week program – **NEW!**

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.

Mondays and Fridays

(starting Sept 25)

9:30-11:30 am

St. Andrews Community Centre

Mondays and Wednesdays

(starting Oct 30)

9:30-11:30 am

North Woodside Community Centre

Wednesdays and Fridays

(starting Jan 24)

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 complete the screen online at www.communityhealthteams.ca or call 902-460-4560 (press 1 for Bedford/Sackville, 2 for Chebucto, 3 for Dartmouth and 4 for Halifax).

Tuesdays, Sept 26-Oct 17

10:00 am-noon

North Woodside
Community Centre

[Click here](#) to Register

Wednesdays, Sept 27-Oct 18

6:00-8:00 pm

Halifax Central Library

[Click here](#) to Register

Fridays, Oct 6-27

2:00-4:00 pm

Bedford Public Library

[Click here](#) to Register

Wednesdays, Oct 11-Nov 1

1:30-3:30 pm

Spryfield Wellness Centre

[Click here](#) to Register

Tuesdays, Jan 23-Feb 13

6:00-8:00 pm

Dartmouth CHT

[Click here](#) to Register

Mondays, Jan 29-Feb 19

10:00 am-noon

Spryfield Wellness Centre

[Click here](#) to Register

Thursdays, Feb 1-22

1:30-3:30 pm

Sackville Heights Community
Centre 50+ Room

[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 complete online at www.communityhealthteams.ca or call 902-460-4560 (press 1 for Bedford/Sackville, 2 for Chebucto, 3 for Dartmouth and 4 for Halifax)

Monday, Sept 18	1:30-3:30 pm	Dartmouth CHT	Click here to Register
Friday, Sept 22	9:30-11:30 am	Bedford CHT	Click here to Register
Wednesday, Nov 15	10:00 am-noon	St. Andrews Community Centre	Click here to Register
Friday, Nov 17	2:00-3:15 pm	Online Zoom Program	Click here to Register
Monday, Nov 27	1:30-3:30 pm	Spryfield Wellness Centre	Click here to Register
Thursday, Jan 11	1:30-3:30 pm	Sackville Heights Community Centre 50 + Room	Click here to Register
Friday, Jan 12	10:00 am-noon	Dartmouth CHT	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.

- For the Online Zoom Program, you will not be exercising and a physical activity screen is **not** required.
- For the in-person session you will be exercising. A participant physical activity screen is required no later than 5 business days before the program start date. Please complete the screen online at www.communityhealthteams.ca or call 902-460-4560 (press 1 for Bedford/Sackville, 2 for Chebucto, 3 for Dartmouth and 4 for Halifax).

Friday, Sept 22	1:00-3:00 pm	JD Shatford Memorial Library	Click here to Register
Wednesday, Sept 27	6:00-8:00 pm	Bedford CHT	Click here to Register
Monday, Oct 23	10:00 am-noon	Dartmouth CHT	Click here to Register
Thursday, Nov 2	9:30-11:30 am	NS Community College (Leeds St)	Click here to Register
Monday, Jan 8	10:00-11:15 am	Online Zoom Program	Click here to Register
Monday, Jan 22	6:00-8:00 pm	Spryfield Wellness Centre	Click here to Register
Tuesday, Jan 23	9:30-11:30 am	Halifax CHT	Click here to Register
Thursday, Jan 25	9:30-11:30 am	Bedford CHT	Click here to Register
Wednesday, Jan 31	1:30-3:30 pm	Dartmouth 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 complete online at www.communityhealthteams.ca or call 902-460-4560 (press 1 for Bedford/Sackville, 2 for Chebucto, 3 for Dartmouth and 4 for Halifax).

Wednesday, Sept 13	1:30-3:30 pm	Halifax CHT	Click here to Register
Thursday, Sept 21	6:00-8:00 pm	Bedford CHT	Click here to Register
Wednesday, Oct 4	10:00 am-noon	Dartmouth CHT	Click here to Register
Thursday, Oct 19	1:30-3:30 pm	Spryfield Wellness Centre	Click here to Register
Thursday, Nov 9	6:00-8:00 pm	Tantallon Public Library	Click here to Register
Monday, Jan 15	10:00 am-noon	Halifax North Memorial Public Library	Click here to Register
Wednesday, Jan 17	1:30-3:30 pm	Dartmouth CHT	Click here to Register
Tuesday, Jan 23	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.

Wednesday, Oct 11	10:00-11:15 am	Online Zoom Program	Click here to Register
Friday, Oct 13	10:00 am-noon	Dartmouth CHT	Click here to Register
Friday, Jan 5	9:30-11:30 am	Beaver Bank Kinsac Community Centre	Click here to Register
Thursday, Jan 10	1:30-3:30 pm	Spryfield Wellness Centre	Click here to Register
Wednesday, Feb 7	10:00 am-noon	Halifax CHT	Click here to Register
Wednesday, Feb 28	10:00 am-noon	The Sunflower by Adsum	Click here to Register



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.

Wednesday, Oct 18	2:00-3:30 pm	Dartmouth CHT	Click here to Register
Wednesday, Nov 1	6:30-8:00 pm	Bedford CHT	Click here to Register
Monday, Nov 6	6:00-7:30 pm	Spryfield Wellness Centre	Click here to Register
Wednesday, Nov 15	2:00-3:30 pm	Chebucto Family Centre	Click here to Register
Wednesday, Jan 17	10:30 am-noon	John W. Lindsay YMCA	Click here to Register
Monday, Feb 26	10:00-11:30 am	Dartmouth CHT	Click here to Register

The Truth about Weight and Exercise – 2 week program

We will discuss different types of exercise and their role in your health, weight loss and maintenance and learn tips to be active at any size. **You will not exercise in this program.** Attendance the first week of the series is required.

Wednesdays, Sept 20 & 27	10:00 am-noon	Dartmouth CHT	Click here to Register
Fridays, Nov 17 & 24	10:00 am-noon	Spryfield Wellness Centre	Click here to Register
Fridays, Dec 1 & 8	1:30-3:30 pm	Bedford CHT	Click here to Register
Mondays, Jan 22 & 29	1:30-3:30 pm	Bethany United Church	Click here to Register



Discover Your Strengths

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

Thursday, Oct 12	6:00-8:00 pm	Salvation Army Fairview	Click here to Register
Tuesday, Oct 17	9:30-11:30 am	Bedford CHT	Click here to Register
Monday, Oct 23	1:30-3:30 pm	John W. Lindsay YMCA	Click here to Register
Thursday, Nov 2	6:00-8:00 pm	Cole Harbour Library	Click here to Register
Thursday, Jan 11	10:00 am-noon	Dartmouth CHT	Click here to Register
Thursday, Feb 27	10:00 am-noon	Bethany United Church	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, Sept 20	2:00-4:00 pm	NS Community College (Leeds St)	Click here to Register
Thursday, Oct 19	1:30-3:30 pm	Dartmouth CHT	Click here to Register
Tuesday, Oct 31	9:30-11:30 am	Bedford CHT	Click here to Register
Tuesday, Nov 2	6:00-8:00 pm	Spryfield Wellness Centre	Click here to Register

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.

Tuesdays, Sept 19-Oct 10	1:30-3:30 pm	Online Zoom Program	Click here to Register
Wednesdays, Sept 20-Oct 11	6:00-8:00 pm	Dartmouth CHT	Click here to Register
Tuesdays, Jan 9-30	1:30-3:30 pm	Bedford CHT	Click here to Register
Thursday, Jan 25-Feb 15	1:30-3:30 pm	Bethany United Church	Click here to Register
Fridays, Feb 2-23	10:00 am-noon	Dartmouth CHT	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!

Wednesday, Nov 15 6:00-7:15 pm Online Zoom Program [Click here](#) to Register

Introduction to Self-Compassion

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

Tuesday, Sept 12	6:00-8:00 pm	Woodlawn Public Library	Click here to Register
Thursday, Sept 14	9:30-11:30 am	Bedford CHT	Click here to Register
Wednesday, Sept 20	1:00-3:00 pm	The Sunflower by Adsum	Click here to Register
Tuesday, Sept 26	10:00 am-noon	TEAM Work Cooperative	Click here to Register
Friday, Sept 29	10:00 am-noon	Tantallon Public Library	Click here to Register
Wednesday, Dec 6	1:30-3:30 pm	Dartmouth CHT	Click here to Register
Tuesday, Feb 13	10:00 am-noon	Chebucto Family Centre	Click here to Register
Tuesday, Feb 13	1:30-3:30 pm	Bedford CHT	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.

Tuesdays, Oct 10-31	1:30-3:30 pm	Dartmouth CHT	Click here to Register
Thursdays, Nov 9-30	6:00-8:00 pm	Memory Lane Family Place	Click here to Register
Thursdays, Nov 23-Dec 14	2:00-4:00 pm	Captain William Spry Library	Click here to Register
Wednesday, Jan 10-31	6:00-8:00 pm	Halifax Central Library	Click here to Register
Tuesdays, Feb 6-27	1:00-3:00 pm	Woodlawn Public Library	Click here to Register
Thursdays, Feb 8-29	1:30-3:30 pm	Online Zoom Program	Click here to Register



Mental Wellness

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.

Tuesday, Sept 19	10:00 am-noon	St. Andrews Community Centre	Click here to Register
Tuesday, Oct 10	9:30-11:30 am	Bedford CHT	Click here to Register
Tuesday, Oct 17	6:00-8:00 pm	Spryfield Wellness Centre	Click here to Register
Wednesday, Oct 25	1:00-3:00 pm	Life Branch Church	Click here to Register
Tuesday, Dec 5	1:30-3:30 pm	TEAM Work Cooperative	Click here to Register
Wednesday, Jan 3	1:00-3:00 pm	Sackville Public Library	Click here to Register
Thursday, Jan 18	6:00-8:00 pm	Cole Harbour Library	Click here to Register
Friday, Jan 26	12:00-1:15 pm	Online Zoom Program	Click here to Register

Optimal Aging – 4 Week Program

There are five key actions that can help us to live well as we age: staying socially and physically active, taking care of your mental health, learning new things, and changing how we think about aging. Join us to explore these key actions, reflect on where you are now, set goals, and strive for a healthier life. Attendance the first week of the series is required.

Thursday, Sept 21-Oct 12	10:00 am-noon	Cole Harbour Library	Click here to Register
Wednesdays, Oct 4-25	6:00-8:00 pm	Canada Games Centre	Click here to Register
Fridays, Oct 13-Nov 3	1:00-3:00 pm	Halifax Central Library	Click here to Register
Fridays, Nov 3-24	9:30-11:30 am	Bedford CHT	Click here to Register
Wednesdays, Jan 10-31	10:00 am-noon	Dartmouth CHT	Click here to Register

Mental Health First Aid – Adults Interacting with Youth

For parents, guardians, and volunteers supporting youth ages 12-24 years who are experiencing a decline in their mental health. Other adults supporting youth in unpaid roles are also welcome. Call 902-460-4560 to register.

Thursday, Sept 28	12:00-1:00 pm	Online Zoom Orientation
Saturdays, Oct 14 & 21	9:00-1:00 pm	Online Zoom Program



Take Charge of Your Stress – 4 Week Program

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

Wednesdays, Sept 27-Oct 18	6:00-8:00 pm	NS Community College (Leeds St)	Click here to Register
Thursdays, Oct 5-26	6:30-8:30 pm	Wallace Lucas Community Centre	Click here to Register
Mondays, Oct 23-Nov 20	2:00-4:00 pm	Online Zoom Program	Click here to Register
Fridays, Nov 3-24	10:00 am-noon	Dartmouth CHT	Click here to Register
Thursdays, Jan 11-Feb 1	10:00 am-noon	Spryfield Wellness Centre	Click here to Register
Fridays Jan 12-Feb 2	9:30-11:30 am	Bedford CHT	Click here to Register
Thursdays, Feb 1-22	9:30-11:30 am	Cole Harbour Librray	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.

Wednesdays, Sept 13-Oct 4	1:30-3:30 pm	Memory Lane Family Place	Click here to Register
Tuesdays, Nov 7-28	10:00 am-noon	Halifax Central Library	Click here to Register
Tuesdays, Nov 7-28	6:00-8:00 pm	Woodlawn Public Library	Click here to Register
Tuesdays, Nov 7-28	6:00-8:00 pm	Spryfield Wellness Centre	Click here to Register
Mondays, Jan 22-Feb 12	1:30-3:30 pm	Spryfield Wellness Centre	Click here to Register
Thursdays, Feb 8-29	9:30-11:30 am	Bedford CHT	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 children 5+ years old for the in-person program. **If you require childcare call 902-460-4560.**

Wednesdays, Sept 13-Nov 29 6:00-8:00 pm Sackville Heights Community Centre Silver & Gold Room [Click here](#) to Register

Thursdays, Jan 4-Mar 28
(no class March 14) 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.

Tuesdays, Sept 12-Dec 12 6:00-8:00 pm Online Zoom Program [Click here](#) to Register

Introduction to Parenting Your Teen

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

Thursday, Oct 12 10:00-11:30 am The Sunflower by Adsum [Click here](#) to Register

Tuesday, Jan 9 1:00-2:30 pm Woodlawn Public Library [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.

Mondays, Jan 15-Feb 26
(no class Feb 19) 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.

Tuesdays, Sept 19 & 26 10:00-11:30 am Online Zoom Program [Click here](#) to Register

Mondays, Dec 4 & 11 1:00-3:00 pm Halifax CHT [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.

Friday, Feb 9 12:00-1:00 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. If you require childcare call 902-492-0133 to speak with Jenn.

Mondays, Oct 16-Nov 6 1:00-2:30 pm North End Parenting Resource Centre (5475 Uniacke Street) [Click here](#) to Register

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.

Explore what advance care planning is and what to include when creating a personal directive. To register, please call Andrew Comstock at (902) 483-8943.

Thursday, Oct 19	1:00-3:00 pm	Bedford CHT
Wednesday, Jan 17	1:00-3:00 pm	Bedford CHT

Caregivers Nova Scotia

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

Thursdays, Sept 7, Oct 5, Nov 2, Dec 7, Jan 4, Feb 1	1:00-3:00 pm	Halifax CHT
Wednesdays, Sept 20, Oct 18, Nov 15, Dec 20, Jan 17, Feb 21	1:00-3:00 pm	Spryfield Wellness Centre

The Menopause Cafe

Join us for a discussion about the menopause transition, it's impact on our lives, and solutions to navigate. Email Menopause.Hfx@gmail.com for more information and to register.

Tuesdays, Oct 3-24	2:00-4:00 pm	Spryfield Wellness Centre
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Mindfulness Drop-in Practice Group – Atlantic Contemplative Centre (ACC)

Come and explore the practice of mindfulness and its benefits to health and well-being. No registration required.

Thursdays	4:00-5:00 pm	Dartmouth CHT
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Multiple Sclerosis Peer Support Health Group – MS Society of Canada

This group provides peer support, allowing for those affected by Multiple Sclerosis to meet, share and receive support based on experiences, thoughts, and feelings. Please call the MS Society at 902-468-8230 ext. 1006 for more information and to connect with the group leader.

Fridays, Sept 15, Oct 20, Nov 17, Dec 15, Jan 19, Feb 16	1:00-3:00 pm	Dartmouth CHT
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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).

Community Locations for Halifax Peninsula

Halifax Peninsula CHT – 6080 Young Street (Suite 105)

Bethany United Church	2669 Joseph Howe Dr, 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
Nova Scotia Community College (NSCC)	5685 Leeds Street, Halifax
St Andrews Community Centre	3380 Barnstead Ln, Halifax
TEAM Work Cooperative	7051 Bayers Road, Halifax

Community Locations for Dartmouth

Dartmouth CHT – 58 Tacoma Drive

East Dartmouth Community Centre	50 Caledonia Rd, Dartmouth
Cole Harbour Public Library	51 Forest Hills Parkway, Dartmouth
Dartmouth North Public Library	105 Highfield Park Drive, Dartmouth
Life Branch Church	10 Lancaster Drive, Dartmouth
Woodlawn Public Library	31 Eisener Blvd, Dartmouth
North Woodside Community Centre	230 Pleasant, Dartmouth

Community Locations for Bedford/Sackville

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

Beaver Bank Kinsac Community Centre	1583 Beaver Bank Road, Beaver Bank
Bedford Public Library	15 Dartmouth Road, Bedford
St. John's United Church	3360 Highway #2, Fall River
Wallace Lucas Community Centre	596 Lucasville Road, Lucasville
Sackville Public Library	636 Sackville Drive, Lower Sackville
Memory Lane Family Place	22 Memory Lane, Lower Sackville
Sackville Heights Community Centre	45 Connolly Road, Middle Sackville
Acadia Hall	636 Sackville Drive, Lower Sackville

Community Locations for Chebucto

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

Canada Games Centre	26 Thomas Raddall Drive
Keshen Goodman Library	330 Lacewood Drive
Parkland Clayton Park	118 Fairfax Drive
Salvation Army Fairview Citadel	50 Gesner Street Halifax
Prospect Road Community Centre	2141 Prospect Road
Captain William Spry Public Library	16 Sussex Street
Chebucto Family Centre	3 Sylvia Ave
Salvation Army Spryfield	328 Herring Cove Road
Tantallon Library	3646 Hammonds Plains Road (Hubley Centre)
Lakeside Community Centre	1492 St. Margaret's Bay Road
The Sunflower at Adsum	40 Flower Ct., Lakeside
J.D. Shatford Public Library	10353 St. Margaret's Bay Road
Canada Games Centre	26 Thomas Raddall Drive., Halifax
Spryfield Wellness Centre	16 Dentith Road, Halifax (Spryfield)
Parkland Clayton Park (Cameron Hall)	118 Fairfax Drive, Halifax