

FREE Health and Wellness Programs

REGISTRATION
OPENS
**Sept. 9,
2026!**



Fall 2026/Winter 2027



About the Community Health Teams

Community Health Teams (CHTs) are a service of Nova Scotia Health and IWK Health. We offer free Wellness Navigation and Group 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 and use the register now button. **Questions?** Call us at 902-460-4560 and dial the extension for your community location:

- **Press 1: Bedford/Sackville** (1658 Bedford Hwy, Main level, Bedford Place Mall)
- **Press 2: Chebucto** (Community Wellness Centre, 16 Dentith Road, Spryfield)
- **Press 3: Dartmouth** (58 Tacoma Drive until December 31; 370 Windmill Road effective January 1/27)
- **Press 4: Halifax Peninsula** (7001 Mumford Road, Halifax Shopping Centre, Halifax Place, Unit 102)
- **Press 5: IWK Parenting Programs** (available in Bedford, Sackville, Chebucto, Dartmouth and Halifax)



Please ask about accessibility and interpretation services

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Parenting - Offered by IWK Health

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.

We are now offering hybrid parenting programs:

Based on community feedback, some parenting programs are now offered in a hybrid model – virtually and in-person. For these programs, two days before the program, everyone who is registered will receive a Zoom link through the email address provided at registration. Participants can choose to attend in-person at the location listed or virtually via Zoom. We hope this makes programs more accessible to busy parents across Nova Scotia.



Incredible Years: Preschool 2.0 (14- week program)

[Register here](#)

This program focuses on improving your child's social and emotional skills and reducing behaviour problems. In Preschool 2.0, facilitators will be using updated videos and program materials. This program is for parents of children who are 3-6 years old.

DATES	TIME	LOCATION
Thursdays, Oct. 1 - Jan. 14	6:00 - 8:00 p.m.	Online Zoom
Tuesdays, Jan. 26 - May 4	10:00 a.m. - Noon	Online Zoom



Incredible Years: Modified School Age (10-week program)

[Register here](#)

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.

DATES	TIME	LOCATION
Thursdays, Jan. 28 - April 8	6:00 - 8:00 p.m.	Online Zoom

Screen Time and Your Family

[Register here](#)

We live in a world where screens are everywhere. Learn about the risks and benefits of screen time and ways to help your family.

DATES	TIME	LOCATION
Wednesday, Sept. 23	6:00 - 7:30 p.m.	Online Zoom
Tuesday, Oct. 20	Noon - 1:30 p.m.	Alderney Elementary School
Wednesday, Nov. 4	6:00 - 7:30 p.m.	Online Zoom
Thursday, Feb. 25	6:00 - 7:30 p.m.	Online Zoom



Handle With Care (5-week program)

[Register here](#)

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
Mondays, Nov. 2 - 30	10:00 - 11:30 a.m.	Parents & Children Together, Eastern Passage
Tuesdays, Jan. 26 - Feb. 23	10:00 a.m. - Noon	Halifax Community Health Team

Introduction to Parenting Your Teen

[Register here](#)

An introductory session to help better understand your teen. Learn strategies to improve communication and build stronger relationships in your family.

DATES	TIME	LOCATION
Wednesday, Oct. 14	6:00 - 8:00 p.m.	Halifax Community Health Team or Online Zoom (Hybrid)
Wednesday, Nov. 18	Noon - 1:00 p.m.	Online Zoom
Thursday, Feb. 18	6:00 - 8:00 p.m.	Online Zoom

Walking the Middle Path - Parent and Teen (6-week program)

[Register here](#)

This program is for parents and their teen (12+). Learn strategies to find a balance between differing perspectives. Topics include validation, problem solving, acceptance and change.

DATES	TIME	LOCATION
Thursdays, Oct. 15 - Nov. 19	6:00 - 7:30 p.m.	Online Zoom
Tuesdays, Jan. 12 - Feb. 16	6:00 - 7:30 p.m.	Online Zoom



Distress Tolerance - Parent and Teen (6-week program)

[Register here](#)

This program is for parents and their teen (12+). Learn strategies to tolerate intense emotions while sticking to your values and doing what works.

DATES	TIME	LOCATION
Tuesdays, Oct. 13 - Nov. 17	6:00 - 7:30 p.m.	Online Zoom
Wednesdays, Jan. 13 - Feb. 17	6:00 - 7:30 p.m.	Online Zoom


[Register here](#)

Substance Use and Your Teen

Learn about the current landscape of substance use and your teens. Learn strategies to have conversations about substance use that promote honesty and build trust.

DATES	TIME	LOCATION
Thursday, September 24	Noon - 1:30 p.m.	Chebucto Community Health Team and Online Zoom Program
Tuesday, Oct. 20	6:00 - 7:30 p.m.	The Den (Sackville Public Library basement)
Tuesday, Nov. 17	10:00 a.m. - Noon	Mulgrave Park Caring and Learning Centre
Wednesday, Nov. 25	1:30 - 3:30 p.m.	Bayers Westwood Family Resource Centre
Tuesday, Dec. 8	6:00 - 8:00 p.m.	Online Zoom
Thursday, March 18	6:00 - 8:00 p.m.	Online Zoom

[Register here](#)

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

In this program, you'll learn how to notice when your child is experiencing anxiety and gain skills to help them manage everyday worries.

DATES	TIME	LOCATION
Wednesdays, Sept 9 and 16	Noon - 2:00 p.m.	Online Zoom Program
Mondays, Oct. 19 and 26	10:00 - 11:30 a.m.	Parents and Children Together, Eastern Passage
Wednesdays, Nov. 18 and 25	6:00 - 8:00 p.m.	Spryfield Wellness Centre or Online Zoom (Hybrid)
Thursdays, Jan. 14 and 21	6:00 - 8:00 p.m.	Online Zoom
Wednesdays, Feb. 10 and 17	1:30 - 3:30 p.m.	Bayers Westwood Family Resource Centre

[Register here](#)

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 daily challenges.

DATES	TIME	LOCATION
Thursday, Nov. 26	Noon - 1:00 p.m.	Online Zoom
Monday, Jan. 25	10:00 - 11:30 a.m.	Parents and Children Together, Eastern Passage
Tuesday, March 2	6:00 - 7:30 p.m.	Online Zoom



Supporting Youth on Their Gender, Sexuality and Identity Journey

[Register here](#)

Come out and learn about best practices to support your loved ones who are expressing their gender, sexuality or identity. Developed with support from the Youth Project.

DATES	TIME	LOCATION
Tuesday, Nov. 17	Noon - 1:30 p.m.	Alderney Elementary School
Tuesday, Dec. 1	Noon - 1:00 p.m.	Online Zoom
Wednesday, Feb. 10	Noon - 1:30 p.m.	Parents and Children Together, Eastern Passage
Wednesday, March 24	6:00 - 7:30 p.m.	Online Zoom



Leisure and My Family - Trailblazers (3- week program)

[Register here](#)

Does your family like to get outdoors? Learn about the benefits of participating in active leisure activities together and ways to get involved in your community. The CHT has partnered with Kids' Rehab to provide a group all about hiking for families with children with disabilities. You will a chance to participate in adapted physical activity, connect with others, and learn skills related to walking and hiking outdoors. Come try out some adapted equipment and join us on a walk with NS Walks. No prior experience required.

ACTIVITY	DATES	TIME	LOCATION
Adapted Hiking Program for Parents and Children with Disabilities	Tuesdays, Oct. 6 - 20	6:00 - 7:00 p.m.	Kiwanis Club of Dartmouth, Graham's Grove



Internet Safety

[Register here](#)

The internet helps youth connect with peers, complete school assignments and engage with their community. However, it can expose children to things they are not old enough to understand and cause harm. Join us to learn strategies to help youth navigate the internet safely.

DATES	TIME	LOCATION
Wednesday, Oct. 7	6:00 - 7:30 p.m.	Online Zoom
Thursday, Feb. 25	Noon - 1:00 p.m.	Community Wellness Centre, Spryfield or Online Zoom (Hybrid)



Behaviour 101

[Register here](#)

Challenging behaviour is an opportunity to build new skills. Learn strategies to support your child's development, understand the common reasons for behaviour and develop healthy routines.

DATES	TIME	LOCATION
Thursday, Sept. 17	Noon - 1:30 p.m.	Dartmouth Community Health Team and Online Zoom
Monday, Oct. 5	6:00 - 7:00 p.m.	Online Zoom
Wednesday, Oct. 21	1:30 - 2:30 p.m.	Bayers Westwood Family Resource Centre
Tuesday, Nov. 3	10:00 - 11:00 a.m.	Mulgrave Park Caring and Learning Centre
Thursday, Jan. 28	5:30 - 6:30 p.m.	Bedford Public Library
Monday, Feb. 22	10:00 - 11:00 a.m.	Parents and Children Together, Eastern Passage
Tuesday, March 16	Noon - 1:00 p.m.	Online Zoom



Parenting Your Teen Series

[Register here](#)

Whether you have pre-teens or teenagers, we invite you to join us to learn evidence-based ways to support them and maintain positive family relationships. Register for the weeks you would like to attend. **Please call Alana at 902-864-6363 to confirm a childcare spot for during the program.**

ACTIVITY	DATES	TIME	LOCATION
Substance Use and Your Teen	Wednesday, Oct. 7	10:00 a.m. - Noon	Memory Lane Family Place, Lower Sackville
Internet Safety	Wednesday, Nov. 4	10:00 a.m. - Noon	Memory Lane Family Place, Lower Sackville
Supporting Youth on their Gender, Sexuality and Identity Journey	Wednesday, Dec. 2	10:00 a.m. - Noon	Memory Lane Family Place, Lower Sackville



Boundaries for Better Living (2-week program)

[Register here](#)

Do you have a hard time setting boundaries? Setting healthy boundaries can lower stress, preserve your energy, improve relationships and help you feel more in control of your time and choices. Learn and practice skills to support your wellbeing – at work, at home and in everyday life.

DATES	TIME	LOCATION
Wednesdays, Sept. 16 and 23	6:00 - 8:00 p.m.	Halifax Community Health Team
Mondays, Sept. 21 and 28	1:30 - 3:30 p.m.	Dartmouth Community Health Team
Thursdays, Oct. 29 and Nov. 5	1:30 - 3:30 p.m.	Keshen Goodman Public Library
Wednesdays, Nov. 18 and 25	10:00 a.m. - Noon	Dartmouth Community Health Team
Thursdays, Nov. 19 and 26	9:30 - 11:30 a.m.	Memory Lane Family Place, Lower Sackville
Mondays, Jan. 11 and 18	1:30 - 3:30 p.m.	Bedford/Sackville Community Health Team
Tuesdays, Jan. 26 and Feb. 2	6:00 - 8:00 p.m.	Woodlawn Public Library
Wednesdays, Feb. 17 and 24	1:30 - 3:30 p.m.	Tantallon Public Library
Wednesdays, March 17 and 24	12:30 - 2:30 p.m.	Halifax Central Library
Tuesdays, March 23 and 30	1:30 - 3:30 p.m.	Bedford/Sackville Community Health Team

Take Charge of Your Stress (4-week program)

[Register here](#)

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
Tuesdays, Sept. 8 to 29	10:00 a.m. - Noon	Dartmouth Community Health Team
Tuesdays, Sept. 8 to 29	10:00 a.m. - Noon	Halifax Community Health Team
Wednesdays, Oct. 14 - Nov. 4	5:30 - 7:30 p.m.	Sackville Public Library
Mondays, Nov. 2 - 23	6:00 - 8:00 p.m.	Beechville Lakeside Timberlea Community Centre
Mondays, Jan. 11 - Feb. 1	1:30 - 3:30 p.m.	Woodlawn Public Library
Thursdays, Jan. 14 - Feb. 4	6:00 - 8:00 p.m.	Halifax Community Health Team



Discover Your Strengths

[Register here](#)

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
Monday, Sept. 14	1:30 - 3:30 p.m.	St. Peter's Church, Hackett's Cove
Wednesday, Oct. 28	6:00 - 8:00 p.m.	Community Wellness Centre, Spryfield
Monday, Nov. 9	1:30 - 3:30 p.m.	Dartmouth Community Health Team
Thursday, Jan. 21	10:00 a.m. - Noon	Woodlawn Public Library
Tuesday, Feb. 23	1:30 - 3:30 p.m.	Bedford/Sackville Community Health Team
Tuesday, March 16	9:30 - 11:30 a.m.	Halifax Community Health Team

Self-Compassion (1-week program)

[Register here](#)

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

DATES	TIME	LOCATION
Monday, Sept. 14	9:30 - 11:30 a.m.	Bedford/Sackville Community Health Team
Thursday, Oct. 8	6:00 - 8:00 p.m.	Cole Harbour Public Library
Thursday, Oct. 15	1:30 - 3:30 p.m.	Bedford/Sackville Community Health Team
Wednesday, Oct. 28	10:00 - Noon	Halifax Community Health Team
Tuesday, Nov. 3	6:00 - 8:00 p.m.	Tantallon Public Library
Monday, Nov. 30	1:30 - 3:30 p.m.	Woodlawn Public Library
Tuesday, Jan. 19	1:30 - 3:30 p.m.	Alderney Gate Public Library
Tuesday, Feb. 9	1:30 - 3:30 p.m.	Halifax Community Health Team
Tuesday, March 16	9:30 - 11:30 a.m.	Bedford/Sackville Community Health Team

Self-Compassion (4-week program)

[Register here](#)

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
Tuesdays, Oct 6 - 27	10:00 a.m. - Noon	Dartmouth Community Health Team
Tuesdays, Nov. 10 - Dec. 1	6:00 - 8:00 p.m.	Bedford/Sackville Community Health Team
Fridays, Nov. 13 - Dec. 4	1:30 - 3:30 p.m.	Halifax Community Health Team
Tuesdays, Jan. 5 - 26	6:00 - 8:00 p.m.	Keshen Goodman Public Library
Thursdays, Feb. 11 - March 4	1:00 - 3:00 p.m.	Dartmouth Community Health Team



Take Charge of Your Stress (1-week program)

[Register here](#)

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
Tuesday, Sept. 15	6:00 - 8:00 p.m.	Bedford/Sackville Community Health Team
Tuesday, Oct. 6	6:00 - 8:00 p.m.	Tantallon Public Library
Thursday, Oct. 8	1:30 - 3:30 p.m.	Memory Lane Family Place, Lower Sackville
Wednesday, Oct. 14	10:00 a.m. - Noon	Chebucto Family Resource Centre
Thursday, Oct. 22	6:00 - 8:00 p.m.	Cole Harbour Public Library
Wednesday, Dec. 2	10:00 a.m. - Noon	Halifax Community Health Team
Thursday, Dec. 3	10:00 a.m. - Noon	Woodlawn Public Library
Tuesday, Feb. 9	9:30 - 11:30 a.m.	Bedford/Sackville Community Health Team
Tuesday, Feb. 16	1:30 - 3:30 p.m.	Dartmouth Community Health Team
Tuesday, March 23	6:00 - 8:00 p.m.	Halifax Central Library

Exploring Emotions (1-week program)

[Register here](#)

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
Thursday, Sept. 24	1:00 - 3:00 p.m.	Dartmouth Community Health Team
Wednesday, Oct. 21	1:30 - 3:30 p.m.	Halifax Community Health Team
Thursday, Nov. 5	1:30 - 3:30 p.m.	Bedford/Sackville Community Health Team
Thursday, Nov. 26	1:00 - 3:00 p.m.	Dartmouth Community Health Team
Wednesday, Jan. 13	10:00 - Noon	Halifax Central Library
Thursday, Feb. 11	1:00 - 3:00 p.m.	Captain William Spry Public Library
Thursday, March 4	6:00 - 8:00 p.m.	Bedford/Sackville Community Health Team



Exploring Emotions (4-week program)

[Register here](#)

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
Tuesdays, Sept. 8 to 29	6:00 - 8:00 p.m.	Keshen Goodman Public Library, Clayton Park
Tuesdays, Oct. 6 - 27	1:30 - 3:30 p.m.	Bedford/Sackville Community Health Team
Thursdays, Nov. 19 - Dec. 10	6:00 - 8:00 p.m.	Halifax Community Health Team
Tuesdays, March 16 - April 6	6:00 - 8:00 p.m.	Dartmouth Community Health Team
Thursdays, March 18 - April 8	1:30 - 3:30 p.m.	Keshen Goodman Public Library

Optimal Aging (4-week program)

[Register here](#)

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
Thursdays, Sept. 3 to 24	9:30 - 11:30 a.m.	Bedford/Sackville Community Health Team
Thursdays, Oct. 8 - 29	1:30 - 3:30 p.m.	Halifax Community Health Team
Thursdays, Nov. 19 - Dec. 10	1:00 - 3:00 p.m.	Keshen Goodman Public Library
Wednesdays, Feb. 3 - 24	1:30 - 3:30 p.m.	Bedford/Sackville Community Health Team
Wednesdays, March 17 - April 7	1:30 - 3:30 p.m.	Dartmouth Community Health Team

How to Speak Assertively (4-week program)

[Register here](#)

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
Fridays, Sept. 11 to Oct. 2	9:30 - 11:30 a.m.	Bedford/Sackville Community Health Team
Tuesdays, Nov. 3 - 24	6:00 - 8:00 p.m.	Woodlawn Public Library
Thursdays, Jan. 7 - 28	9:30 - 11:30 a.m.	Bedford/Sackville Community Health Team
Wednesdays, Feb. 10 - March 3	11:30 - 1:30 p.m.	Halifax Central Library
Tuesdays, March 16 - April 6	6:00 - 8:00 p.m.	Community Wellness Centre, Spryfield



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
Introduction to Disc: Golf-Disc Nova Scotia <u>Register Here</u>	Wednesday, Oct. 7	4:00 - 6:00 p.m.	Zatzman Sportsplex, Dartmouth
NS Geocaching <u>Register Here</u>	Friday, Oct. 23	1:30 - 3:30 p.m.	Bedford/Sackville Community Health Team
Boccia Nova Scotia <u>Register Here</u>	Monday, Dec. 7	1:30 - 3:30 p.m.	Beechville Lakeside Timberlea Community Centre
Indoor Track Walking: Group-NS Walks <u>Register Here</u>	Tuesday, Jan. 12	9:30 - 11:30 a.m.	Zatzman Sportsplex, Dartmouth
Hand Sewing 101: Make corner bookmarks <u>Register Here</u>	Tuesday, Jan. 19	1:30 - 3:30 p.m.	Halifax Central Library
Intro to Hand Drumming <u>Register Here</u>	Tuesday, Feb. 9	6:00 - 7:30 p.m.	Sackville Public Library



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



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).

[Register here](#)

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
Friday, Sept. 11	10:00 - 11:30 a.m.	Spryfield Wellness Centre
Wednesday, Oct. 28	1:30 - 3:00 p.m.	Dartmouth Community Health Team
Tuesday, Feb. 16	10:00 - 11:30 a.m.	Bedford/Sackville Community Health Team

[Register here](#)

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
Friday, Sept. 11	10:00 a.m. - Noon	Dartmouth Community Health Team
Monday, Sept. 21	9:30 - 11:30 a.m.	St. John's United Church, Fall River
Tuesday, Oct. 20	6:00 - 8:00 p.m.	Keshen Goodman Public Library
Friday, Nov. 13	1:30 - 3:30 p.m.	Bedford Public Library
Monday, Nov. 23	1:30 - 3:30 p.m.	Dartmouth Community Health Team
Tuesday, Jan. 5	9:30 - 11:30 a.m.	Bedford/Sackville Community Health Team
Wednesday, Feb. 3	6:00 - 8:00 p.m.	Community Wellness Centre, Spryfield
Thursday, Feb. 25	6:00 - 8:00 p.m.	Halifax Community Health Team
Monday, March 1	1:30 - 3:30 p.m.	Beaver Bank Kinsac Community Centre
Thursday, March 18	6:00 - 8:00 p.m.	Cole Harbour Public Library

Healthy NS

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

Visit www.HealthyNS.ca or scan the QR code for full schedule.



SCAN ME



Reducing Your Health Risks

Understand Pain

[Register here](#)

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
Mondays, Sept. 14 and 21	1:30 - 3:30 p.m.	Halifax Community Health Team
Fridays, Dec. 4 and 11	1:30 - 3:30 p.m.	Bedford Public Library
Mondays, Feb. 22 and March 1	1:30 - 3:30 p.m.	Dartmouth Community Health Team
Wednesdays, March 24 and 31	1:30 - 3:30 p.m.	Halifax Community Health Team

Prediabetes

[Register here](#)

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
Tuesday, Sept. 15	1:00 - 3:30 p.m.	Dartmouth Community Health Team
Tuesday, Sept. 15	1:30 - 4:00 p.m.	Herring Cove Community Centre
Wednesday, Sept. 16	1:00 - 3:30 p.m.	Halifax Community Health Team
Thursday, Oct. 22	9:30 a.m. - Noon	Halifax Community Health Team
Friday, Nov. 6	9:00 - 11:30 a.m.	Bedford/Sackville Community Health Team
Friday, Nov. 13	9:30 a.m. - Noon	Dartmouth Community Health Team
Thursday, Nov. 26	6:00 - 8:30 p.m.	Canada Games Centre
Tuesday, Jan. 26	1:00 - 3:30 p.m.	Dartmouth Community Health Team
Tuesday, Feb. 2	6:00 - 8:30 p.m.	Beechville Lakeside Timberlea Community Centre
Thursday, Feb. 18	1:00 - 3:30 p.m.	Beaver Bank Kinsac Community Centre
Thursday, March 4	5:30 - 8:00 p.m.	Halifax Community Health Team
Wednesday, March 24	5:30 - 8:00 p.m.	Cole Harbour Public Library
Thursday, March 25	6:00 - 8:30 p.m.	Bedford/Sackville Community Health Team



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

Visit: YourVoiceMattersCHT.ca or scan the QR code to take our 3-5 minute survey.



SCAN ME



Reducing Your Health Risks

Heart Healthy Living: Know Your Numbers (2-week program)

[Register here](#)

A great way to improve your heart health is to understand what your cholesterol and blood pressure numbers mean and learn ways to improve them. Discover how healthy eating and other lifestyle changes can help to reduce your risk for heart disease and stroke.

DATES	TIME	LOCATION
Wednesdays, Sept. 16 and 23	9:30 - 11:30 a.m.	Bedford/Sackville Community Health Team
Tuesdays, Sept. 22 and 29	6:00 - 8:00 p.m.	Halifax Community Health Team
Tuesdays, Oct. 6 and 13	6:00 - 8:00 p.m.	Keshen Goodman Public Library
Thursdays, Oct. 15 and 22	6:00 - 8:00 p.m.	Bedford/Sackville Community Health Team
Thursdays, Oct. 29 and Nov. 5	6:00 - 8:00 p.m.	Cole Harbour Public Library
Thursdays, Nov. 19 and 26	10:00 a.m. - Noon	Halifax Community Health Team
Wednesdays, Jan. 13 and 20	1:30 - 3:30 p.m.	Tantallon Public Library
Tuesdays, Jan. 19 and 26	9:30 - 11:30 a.m.	Sackville Heights Community Centre
Tuesdays, Feb. 2 and 9	10:00 a.m. - Noon	Dartmouth Community Health Team
Mondays, March 15 and 22	1:30 - 3:30 p.m.	Bedford/Sackville Community Health Team
Wednesdays, March 17 and 24	6:00 - 8:00 p.m.	Halifax Community Health Team

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

[Register here](#)

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
Wednesdays, Sept. 9 to 23	6:00 - 8:00 p.m.	Cole Harbour Public Library
Mondays, Sept. 14 to 28	10:00 a.m. - Noon	Halifax Community Health Team
Tuesdays, Nov. 24 - Dec. 8	6:00 - 8:00 p.m.	Keshen Goodman Public Library
Wednesdays, Jan. 13 - 27	6:00 - 8:00 p.m.	Halifax Community Health Team
Tuesdays, Feb. 16 - March 2	6:00 - 8:00 p.m.	Woodlawn Public Library
Wednesdays, March 17 - 31	5:30 - 7:30 p.m.	Sackville Public Library



Mediterranean Inspired Eating

[Register here](#)

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
Thursday, Sept. 10	1:30 - 3:30 p.m.	Canada Games Centre
Tuesday, Sept. 15	9:30 - 11:30 a.m.	Sackville Heights Community Centre
Wednesday, Oct. 14	6:00 - 8:00 p.m.	Cole Harbour Public Library
Tuesday, Oct. 27	6:00 - 8:00 p.m.	Bedford/Sackville Community Health Team
Friday, Nov. 6	9:30 - 11:30 a.m.	Halifax Community Health Team
Wednesday, Nov. 25	1:30 - 3:30 p.m.	Dartmouth Community Health Team
Monday, Nov. 30	9:30 - 11:30 a.m.	Bedford/Sackville Community Health Team
Wednesday, Dec. 9	10:00 - Noon	Community Wellness Centre, Spryfield
Thursday, Jan. 28	1:30 - 3:30 p.m.	Bedford/Sackville Community Health Team
Thursday, Jan. 28	1:30 - 3:30 p.m.	Keshen Goodman Public Library
Monday, Feb. 22	10:00 a.m. - Noon	Dartmouth Community Health Team
Tuesday, March 2	12:30 - 2:30 p.m.	Halifax Central Library
Tuesday, March 30	9:30 - 11:30 a.m.	St. John's United Church, Fall River

Understanding Food Labels

[Register here](#)

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
Wednesday, Sept. 9	10:00 - 11:30 a.m.	Dartmouth Community Health Team
Tuesday, Sept. 29	6:00 - 7:30 p.m.	Tantallon Public Library
Tuesday, Oct. 6	6:00 - 7:30 p.m.	Bedford/Sackville Community Health Team
Monday, Nov. 16	1:30 - 3:00 p.m.	Alderney Gate Public Library
Friday, Dec. 4	10:00 - 11:30 a.m.	Halifax Community Health Team
Friday, Jan. 15	9:30 - 11:00 a.m.	Bedford/Sackville Community Health Team
Monday, Feb. 8	1:30 - 3:00 p.m.	J.D. Shatford Memorial Library, Hubbards
Tuesday, Feb. 23	6:00 - 7:30 p.m.	Halifax Community Health Team
Thursday, March 4	1:30 - 3:00 p.m.	Bedford/Sackville Community Health Team
Friday, March 19	10:00 - 11:30 a.m.	Dartmouth Community Health Team



Making the Most of Your Food Dollar

[Register here](#)

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
Thursday, Sept 3	1:30 - 3:30 p.m.	Beaver Bank Kinsac Community Centre
Monday, Oct. 19	1:30 - 3:00 p.m.	J.D. Shatford Memorial Library, Hubbards
Wednesday, Oct. 21	1:30 - 3:00 p.m.	Dartmouth Community Health Team
Tuesday, Nov. 17	10:00 - 11:30 a.m.	Sackville Heights Community Centre
Friday, Jan. 22	1:30 - 3:00 p.m.	Halifax Community Health Team
Tuesday, Feb. 16	10:00 - 11:30 a.m.	Cole Harbour Public Library
Thursday, Feb. 25	1:30 - 3:00 p.m.	St. John's United Church, Fall River

Food and Mood

[Register here](#)

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
Tuesday, Sept. 22	6:00 - 8:00 p.m.	Woodlawn Public Library
Tuesday, Oct. 13	9:30 - 11:30 a.m.	Memory Lane Family Place, Lower Sackville
Monday, Nov. 23	10:00 a.m. - Noon	Dartmouth Community Health Team
Friday, Dec. 4	9:30 - 11:30 a.m.	Bedford/Sackville Community Health Team
Tuesday, Jan. 12	1:30 - 3:30 p.m.	Halifax Community Health Team
Monday, Feb. 1	1:30 - 3:30 p.m.	Dartmouth Community Health Team
Monday, Feb. 8	1:30 - 3:30 p.m.	Bedford/Sackville Community Health Team
Thursday, March 25	10:00 a.m. - Noon	Community Wellness Centre, Spryfield

Making Peace with Food (2-week program)

[Register here](#)

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
Thursdays, Sept. 10 and 17	6:00 - 8:00 p.m.	Cole Harbour Public Library
Tuesdays, Dec. 1 and 8	6:00 - 8:00 p.m.	Woodlawn Public Library



Protein Made Simple

[Register here](#)

Protein is getting a lot of attention these days, but it's more than a trend. Learn why protein is important for overall health and healthy aging. Explore how much protein you need and simple ways to get enough each day.

DATES	TIME	LOCATION
Friday, Oct. 9	10:00 - 11:30 a.m.	Bedford/Sackville Community Health Team
Friday, Oct. 16	10:00 - 11:30 a.m.	Dartmouth Community Health Team
Monday, Nov. 9	6:00 - 7:30 p.m.	Bedford/Sackville Community Health Team
Wednesday, Nov. 18	6:00 - 7:30 p.m.	Cole Harbour Public Library
Monday, Dec. 7	10:00 - 11:30 a.m.	Halifax Community Health Team
Tuesday, Jan. 12	6:00 - 7:30 p.m.	Beechville Lakeside Timberlea Community Centre
Thursday, Feb. 4	1:30 - 3:00 p.m.	Bedford/Sackville Community Health Team
Tuesday, Feb. 23	1:30 - 3:00 p.m.	Dartmouth Community Health Team
Tuesday, March 9	1:30 - 3:00 p.m.	Community Wellness Centre, Spryfield
Wednesday, March 31	6:00 - 7:30 p.m.	Halifax Central Library



Fibre UP!

[Register here](#)

Come learn why everyone is talking about fibre. It plays an important role in digestion, blood sugar, and heart health—but most people aren't getting enough. Learn how to increase fibre with simple changes to Fibre-UP your day.

DATES	TIME	LOCATION
Thursday, Oct. 1	6:30 - 8:00 p.m.	Bedford/Sackville Community Health Team
Monday, Oct. 19	1:30 - 3:00 p.m.	Dartmouth Community Health Team
Tuesday, Oct. 27	6:00 - 7:30 p.m.	Halifax Community Health Team
Thursday, Nov. 12	1:30 - 3:00 p.m.	Keshen Goodman Public Library
Tuesday, Nov. 24	10:00 - 11:30 a.m.	Sackville Heights Community Center
Thursday, Jan. 14	10:00 - 11:30 a.m.	Woodlawn Public Library
Thursday, Jan. 28	1:30 - 3:00 p.m.	Halifax Community Health Team
Monday, Feb. 22	1:30 - 3:00 p.m.	Bedford/Sackville Community Health Team
Tuesday, March 9	10:00 - 11:30 a.m.	Chebucto Family Resource Centre
Thursday, March 25	6:00 - 7:30 p.m.	Cole Harbour Public Library



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

Meal Planning and Recipe Inspiration

[Register here](#)

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
Wednesday, Sept. 9	9:30 - 11:30 a.m.	Memory Lane Family Place, Lower Sackville
Wednesday, Oct. 14	12:30 - 2:30 p.m.	Halifax Central Library
Thursday, Nov. 5	1:00 - 3:00 p.m.	Captain William Spry Public Library
Thursday, Nov. 5	6:00 - 8:00 p.m.	Bedford/Sackville Community Health Team
Friday, Nov. 20	10:00 a.m. - Noon	Dartmouth Community Health Team
Monday, Jan. 25	1:30 - 3:30 p.m.	Bedford/Sackville Community Health Team
Thursday, Feb. 18	10:00 - Noon	Halifax Community Health Team
Tuesday, March 2	1:30 - 3:30 p.m.	Bedford/Sackville Community Health Team
Tuesday, March 30	1:30 - 3:30 p.m.	Dartmouth Community Health Team

Eat Well, Age Well

[Register here](#)

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
Tuesday, Sept. 1	9:30 - 11:30 a.m.	Bedford/Sackville Community Health Team
Monday, Sept. 28	10:00 a.m. - Noon	Dartmouth Community Health Team
Thursday, Oct. 29	1:30 - 3:30 p.m.	Bedford Public Library
Monday, Nov. 16	1:30 - 3:30 p.m.	J.D. Shatford Memorial Library, Hubbards
Tuesday, Nov. 24	10:00 a.m. - Noon	Dartmouth Community Health Team
Wednesday, Jan. 20	1:30 - 3:30 p.m.	Bedford/Sackville Community Health Team
Wednesday, Feb. 17	9:30 - 11:30 a.m.	Halifax Community Health Team
Monday, March 1	1:30 - 3:30 p.m.	Woodlawn Public Library
Friday, March 12	9:30 - 11:30 a.m.	Memory Lane Family Place, Lower Sackville



Food For One or Two

[Register here](#)

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
Monday, Sept. 21	1:30 - 3:30 p.m.	J.D. Shatford Memorial Library, Hubbards
Tuesday, Sept. 29	1:30 - 3:30 p.m.	Dartmouth Community Health Team
Friday, Oct. 23	9:30 - 11:30 a.m.	Memory Lane Family Place, Lower Sackville
Monday, Nov. 30	10:00 a.m. - Noon	Dartmouth Community Health Team
Tuesday, Jan. 26	6:00 - 8:00 p.m.	Halifax Central Library
Friday, Feb. 26	9:30 - 11:30 a.m.	Halifax Community Health Team
Tuesday, March 2	6:00 - 8:00 p.m.	Keshen Goodman Public Library
Tuesday, March 9	6:00 - 8:00 p.m.	Bedford/Sackville Community Health Team
Tuesday, March 16	1:30 - 3:30 p.m.	Dartmouth Community Health Team

Be Good to Your Gut

[Register here](#)

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
Monday, Sept. 21	10:00 a.m. - Noon	Dartmouth Community Health Team
Tuesday, Sept. 22	10:00 a.m. - Noon	Keshen Goodman Public Library, Clayton Park
Thursday, Sept. 24	1:30 - 3:30 p.m.	Bedford/Sackville Community Health Team
Wednesday, Nov. 4	10:00 a.m. - Noon	Chebucto Family Resource Centre
Monday, Nov. 9	10:00 a.m. - Noon	Dartmouth Community Health Team
Friday, Nov. 20	9:30 - 11:30 a.m.	Bedford/Sackville Community Health Team
Tuesday, Dec. 1	1:30 - 3:30 p.m.	Halifax Community Health Team
Wednesday, Jan. 20	1:30 - 3:30 p.m.	Kiwanis Club of Dartmouth, Graham's Grove
Thursday, Feb. 11	1:30 - 3:30 p.m.	Bedford/Sackville Community Health Team
Tuesday, Feb. 16	6:00 - 8:00 p.m.	Halifax Central Library
Wednesday, March 3	5:30 - 7:30 p.m.	Sackville Public Library



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? Are you able to exercise independently in a group setting? This 10-week group class includes walking /chair cardio, strength, balance and flexibility exercises. You will also receive support, education, and goal-setting tools to help you stay active. You will be assessed by a physiotherapist for suitability prior to starting the program. **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-St. Agnes Site

Move to Improve (10-week program)

[Register here](#)

Are you currently not exercising, and do you live with a chronic condition, or are you at risk of developing one? Come improve your cardio, strength and motivation to exercise in this 10-week program. Participants must be able to:

- Walk for **30 minutes** without stopping
- **Get up and down from the floor without difficulty**
- Complete a physical activity screen **at the time of** registration.

Register and complete the physical activity screen at www.communityhealthteams.ca. A physiotherapist will review your registration and confirm eligibility. Due to popular demand, **those that have previously participated in this program will not be eligible to participate again.**

DATES	TIME	LOCATION
Monday and Fridays (starts Oct. 5)	Afternoons	Cole Harbour Place
Mondays and Wednesdays (starts Oct. 5)	Afternoons	Canada Games Centre
Mondays and Wednesdays (starts Jan. 4)	Afternoons	Canada Games Centre



Building Better Balance (6-week program)

[Register here](#)

If you've noticed changes in your balance or have a fear of falling, this program can help. Over six weeks, you'll join a small group led by a physiotherapist for twice - weekly classes focused on strength, balance, and confidence. Participants must be able to:

- Stand without support
- Walk/Exercise for **30 minutes**
- Not experienced more than two falls in the past year
- Complete a physical activity screen **at the time of registration**

Register and complete the physical activity screen at www.communityhealthteams.ca. A physiotherapist will review and confirm your eligibility. Due to popular demand, **those who have previously participated in this program will not be eligible to participate again.**

DATES	TIME	LOCATION
Mondays and Fridays (starts Oct. 5)	Mornings	St Andrews Community Centre
Tuesdays and Fridays (starts Oct. 13)	Afternoons	Bedford/Hammonds Plains Community Centre
Mondays and Wednesdays (starts Oct. 19)	Mornings	North Woodside Community Centre
Mondays and Wednesdays (starts Oct. 19)	Afternoons	Beechville Lakeside Timberlea Community Centre
Mondays and Wednesdays (starts Jan. 6)	Mornings	Herring Cove Community Centre
Tuesdays and Fridays (starts Jan. 12)	Afternoons	Bedford/Hammonds Plains Community Centre
Wednesdays and Fridays (starts Jan. 13)	Mornings	North Woodside Community Centre
Mondays and Fridays (starts Jan. 15)	Mornings	St Andrews Community Centre
Mondays and Fridays (starts March 15)	Mornings	St Andrews Community Centre
Mondays and Wednesdays (starts March 15)	Mornings	Black Point & Area Community Centre
Tuesdays and Fridays (starts March 16)	Afternoons	Bedford/Hammonds Plains Community Centre



Mindful Movement

[Register here](#)

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.

DATES	TIME	LOCATION
Tuesday, Sept. 8	9:30 - 11:00 a.m.	Bedford/Sackville Community Health Team
Wednesday, Sept. 16	10:00 - 11:30 a.m.	Common Roots Urban Farm, Halifax
Thursday, Oct. 22	1:30 - 3:00 p.m.	Bedford/Sackville Community Health Team
Monday, Dec. 7	1:30 - 3:00 p.m.	Keshen Goodman Public Library
Monday, Feb. 8	10:00 - 11:30 a.m.	Dartmouth Community Health Team
Friday, Feb. 19	9:30 - 11:00 a.m.	Bedford/Sackville Community Health Team
Wednesday, Mar. 17	1:30 - 3:00 p.m.	Halifax Community Health Team

Balance Basics (2-week program)

[Register here](#)

Do you want to feel steadier and more confident on your feet? This two-week program combines exercise and group discussion to help you improve balance and prevent falls. You'll learn simple exercises you can safely do at home. **Register and complete the physical activity screen at www.communityhealthteams.ca.**

DATES	TIME	LOCATION
Tuesdays, Sept. 15 and 22	1:30 - 3:30 p.m.	Sackville Heights Community Centre
Thursdays, Sept. 17 and 24	1:30 - 3:30 p.m.	Harrietsfield Williamswood Community Centre
Thursdays, Nov. 5 and 12	9:30 - 11:30 a.m.	Bedford/Sackville Community Health Team
Mondays, Nov. 23 and 30	1:30 - 3:30 p.m.	Halifax Central Library
Fridays, Nov. 27 and Dec. 4	10:00 a.m. - Noon	Woodlawn United Church
Wednesdays, Dec. 2 and 9	10:15 - 12:15 p.m.	Black Point & Area Community Centre
Thursdays, Jan. 14 and 21	1:30 - 3:30 p.m.	Bedford/Sackville Community Health Team
Fridays, Feb. 26 and Mar. 5	9:30 - 11:30 a.m.	Bedford/Sackville Community Health Team
Mondays, March 15 and 22	10:00 a.m. - Noon	Woodlawn United Church



Exercise Essentials (2-week program)

[Register here](#)

Did you know that most Canadians struggle to get enough exercise and don't know where to start? Exercise doesn't have to be complicated! Our physiotherapists will walk you through the basics of starting a strength training program and show you fun ways to sneak some "cardio snacks" into your day. **Register and complete the physical activity screen at www.communityhealthteams.ca.**

DATES	TIME	LOCATION
Wednesdays, Sept. 9 and 16	4:00 - 6:00 p.m.	St. Margaret's Bay Centre
Fridays, Sept. 11 and 18	9:30 - 11:30 a.m.	Halifax Community Health Team
Thursdays, Sept. 10 and 17	1:30 - 3:30 p.m.	Bedford/Sackville Community HealthTeam
Fridays, Sept. 18 and 25	10:00 a.m. - Noon	Dartmouth Community Health Team
Thursdays, Oct. 1 and 8	9:30 - 11:30 a.m.	Bedford/Sackville Community Health Team
Wednesdays, Oct. 7 and 14	10:15 - 12:15 p.m.	Black Point & Area Community Centre
Wednesdays, Oct. 28 and Nov. 4	1:30 - 3:30 p.m.	Halifax Community Health Team
Thursdays, Nov. 26 and Dec. 3	1:30 - 3:30 p.m.	Bedford/Sackville Community Health Team
Thursdays, Feb. 18 and 25	2:00 - 4:00 p.m.	Keshen Goodman Public Library
Tuesdays, Feb. 23 and March 2	9:30 - 11:30 a.m.	Bedford/Sackville Community Health Team
Fridays, March 5 and 12	9:30 - 11:30 a.m.	Halifax Community Health Team
Wednesdays, March 24 and 31	10:00 a.m. - Noon	Dartmouth Community Health Team



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 Community Health Team
Third Wednesday of each month	1:00 - 3:00 p.m.	Community Wellness Centre, Spryfield
Last Wednesday of each month	6:00 - 7:30 p.m.	Bedford/Sackville Community Health Team

Community Gatherings & Wellness Workshop - Nova Scotia Chinese Women Plus Network

To register, please email chinesewomenplus@gmail.com

DATES	TIME	LOCATION
Saturdays, Oct. 24, Dec. 5, Feb. 13	10:00 a.m. - Noon	Halifax Community Health Team

Advanced Foot Care - Breath Factory/The Footcare Factory

No registration required

DATES	TIME	LOCATION
Friday, Oct. 9	1:30 - 3:30 p.m.	Dartmouth Community Health Team
Friday, Nov. 13	1:30 - 3:30 p.m.	Dartmouth Community Health Team

Learn to Meditate for Free - Sahaja Yoga

To register, please email info@freemeditation.ca

DATES	TIME	LOCATION
Mondays	6:30 - 7:30 p.m.	Halifax Community Health Team

Indoor Walking Group-Halifax Shopping Center - NS Walks

For more information and to register, go to nswalks.ca or call **902-932-4969**

DATES	TIME	LOCATION
Tuesdays	9:00 a.m.	Halifax Community Health Team

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

No registration required. Learn more at <https://contemplativecentre.ca/>

DATES	TIME	LOCATION
Thursdays	3:30 - 4:30 p.m.	Dartmouth Community Health Team



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.**

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 offered by IWK Health

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

- Supporting parents with concerns about their child's mood, behaviour and wellbeing
- Assisting youth with connections to mental health and wellness resources
- Navigating housing, medication coverage and food security resources
- Collaborating with service providers to support families on their wellness journey
- 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.

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 or scan the QR code below.

[Register here](#)

SEPTEMBER PROGRAMS	DATE	TIME
How to Speak Assertively (3-weeks)	Wednesdays, September 9 to 23	6:00-7:30 p.m.
Self-Compassion (3-weeks)	Thursdays, September 10 to 24	10:00-11:30 a.m.
Prediabetes (3-weeks)	Fridays, September 11 to 25	Noon-1:30 p.m.
Making Peace with Food (2-weeks)	Mondays, September 14 to 21	2:00 - 3:30 p.m



HealthyNS Virtual Programs

OCTOBER PROGRAMS

OCTOBER PROGRAMS	DATE	TIME
Understand Pain (3-weeks)	Fridays, Oct. 2 - 16	9:30 - 11:00 a.m.
Be Good to Your Gut (3-weeks)	Tuesdays, Oct. 6 - 20	Noon - 1:30 p.m.
Meal Planning & Recipe Inspiration	Thursday, Oct. 8	6:00 - 7:30 p.m.
Food & Mood (2-weeks)	Wednesdays, Oct. 21 and 28	10:00 - 11:30 a.m.
Exploring Emotions (1-week)	Friday, Oct. 23	Noon - 1:30 p.m.

NOVEMBER PROGRAMS

NOVEMBER PROGRAMS	DATE	TIME
Self-Compassion (3-weeks)	Tuesdays, Nov. 10 - 24	Noon - 1:30 p.m.

DECEMBER PROGRAMS

DECEMBER PROGRAMS	DATE	TIME
Understanding Food Labels	Wednesday, Dec. 2	2:00 - 3:30 p.m.
Self-Compassion (1-week)	Thursday, Dec. 3	2:00 - 3:30 p.m.

JANUARY PROGRAMS

JANUARY PROGRAMS	DATE	TIME
Mediterranean Inspired Eating (2-weeks)	Tuesdays, Jan. 5 - 12	6:00 - 7:30 p.m.
Understand Pain (3-weeks)	Mondays, Jan. 11 - 25	2:00 - 3:30 p.m.
Beyond Weight (11-weeks)	Wednesdays, Jan. 13 - March 24	Noon - 1:00 p.m.
How to Speak Assertively (3-weeks)	Wednesdays, Jan. 13 - 27	6:00 - 7:30 p.m.

FEBRUARY PROGRAMS

FEBRUARY PROGRAMS	DATE	TIME
Your Heart Matters (4-weeks)	Tuesdays, Feb. 2 - 23	2:00 - 3:30 p.m.
Take Charge of Your Stress (4-weeks)	Fridays, Feb. 5 - 26	10:00 - 11:30 a.m.
Beginner's Guide to Plant Based Eating	Wednesday, Feb. 10	6:00 - 7:30 p.m.
Food for 1 or 2	Thursday, Feb. 25	10:00 - 11:30 a.m.

MARCH PROGRAMS

MARCH PROGRAMS	DATE	TIME
Discover Your Strengths	Monday, March 1	6:00 - 7:30 p.m.
Prediabetes (3-weeks)	Thursdays, March 18 - April 1	6:00 - 7:30 p.m.
Healthy Eating 101	Tuesday, March 23	Noon - 1:30 p.m.
Take Charge of Your Stress (1-week)	Wednesday, March 31	6:00 - 7:30 p.m.

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
Fultz House Museum	33 Sackville Drive, Lower Sackville
Memory Lane Family Place	22 Memory Lane, Lower Sackville
St. John's United Church	3360 Highway #2, Fall River
Sackville Public Library & The Den Youth Centre	636 Sackville Drive, Lower Sackville
Sackville Heights Community Centre	45 Connolly Road, Middle Sackville

Community Locations for Chebucto (Halifax Mainland)

Chebucto Community Health Team (16 Dentith Road, Halifax)

Located in the Community Wellness Centre, Spryfield.

LOCATION	ADDRESS
Black Point & Area Community Centre	8579 St. Margarets Bay Road, Black Point
Captain William Spry Public Library	16 Sussex Street, Halifax
Canada Games Centre	26 Thomas Raddall Drive, Halifax
Chebucto Family Centre	3 Sylvia Avenue, Halifax
Herring Cove Community Centre	30 Latter Pond Lane, Herring Cove
J.D. Shatford Memorial Public Library	10353 St. Margaret's Bay Road, Hubbards
Keshen Goodman Public Library	330 Lacewood Drive, Halifax
Community Wellness Centre, Spryfield	16 Dentith Road, Halifax (Spryfield)
Beechville Lakeside Timberlea Community Centre	1300 St. Margarets Bay Road, Lakeside
Tantallon Public Library	3646 Hammonds Plains Road, Tantallon

Community Locations

Community Locations for Dartmouth

Dartmouth Community Health Team (58 Tacoma Drive until December 31 and 370 Windmill Road effective January 1, 2027)

LOCATION	ADDRESS
Alderney Gate Public Library	60 Alderney Drive, Dartmouth
Alderney Elementary School	2 Penhorn Drive, Dartmouth
Cole Harbour Place	51 Forest Hills Parkway, Cole Harbour
Cole Harbour Public Library	51 Forest Hills Parkway, Cole Harbour
East Dartmouth Community Centre	50 Caledonia Road, Dartmouth
Kiwanis Club of Dartmouth	45 Graham's Grove, Dartmouth
North Woodside Community Centre	230 Pleasant Street, Dartmouth
Parents and Children Together (PACT)	1470 Main Road, Eastern Passage
Woodlawn Public Library	31 Eisener Boulevard, Dartmouth
 Woodlawn United Church	54 Woodlawn Road, Dartmouth
 Zatsman Sportplex	110 Wyse 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
Bayers Westwood Family Resource Centre	3499 McAlpine Ave, Halifax
Good Shepherd Parish (St. Agnes Site)	6903 Mumford Road, Halifax
Halifax Central Library	5440 Spring Garden Road, Halifax
St. Andrew's Community Centre	3380 Barnstead Lane, Halifax
Mulgrave Park Caring and Learning Centre	57 Jarvis Lane, 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 until December 31; 370 Windmill Road, Dartmouth effective January 1, 2027

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.