



a HealthyNS Program

FREE Online Class Self Compassion

Interested in self-compassion but not ready for a series? In this single session you will practice ways to promote self-compassion when we experience difficulties in our everyday lives.



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a HealthyNS Program

FREE Online Class Understanding Pain (3 week series)

This online 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.



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a HealthyNS Program

FREE Online Class Beyond Weight (11 week series)

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 wellbeing. We will discuss the complexities of weight and learn strategies to support change. This program does not focus on “dieting” and individualized meal plans will not be provided. Each week you will set your own goals and make a plan to achieve them.

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a HealthyNS Program

FREE Online Class Coping with Cancer- Dealing with Brain Fog



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Many people notice changes in memory, focus, or clear thinking during or after cancer treatment. This session explains what cancer-related brain fog is and teaches simple ways to improve memory, lower stress, and handle everyday tasks, with tips for treatment, work, and where to find support.

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a HealthyNS Program

FREE Online Class Healthy Eating 101



Not sure where to start with healthy eating? This program gets back to basics, offering simple and practical guidance to help you make balanced and nourishing food choices.

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a HealthyNS Program

FREE Online Class Be Good to Your Gut (3 week series)

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.



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a HealthyNS Program

FREE Online Class Take Charge of Your Stress (4 week series)

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.



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a HealthyNS Program

FREE Online Class COPD and Living Smoke Free (3 week series)



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This nonjudgemental support group is for individuals living with COPD. The group offers education and strategies to work towards reducing or eliminating your nicotine use. Living with COPD can present unique challenges so let's come up with solutions to these challenges together.

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a HealthyNS Program

FREE Online Class **First Bites: Raising** **a Happy Eater** (4 week series)

This workshop focuses on providing guidance to parents on how to introduce solids to their infants using a baby led feeding approach.



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a HealthyNS Program

FREE Online Class Meal Planning Workshop

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.



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FREE Online Class Making Peace with Food (2 week series)



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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.

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FREE Online Class Understanding Grief (2 week series)

Grief can affect us all differently, and many people wonder what is 'normal'. In two sessions, you will learn there is no correct grief response, clear up common myths, and explore the many ways loss can show up in the mind and body. You will leave with practical tools for caring for yourself and supporting others. Please note: This is an educational workshop, not a support group, and may feel tender for those with a recent loss.

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FREE Online Class 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 while learning the benefits of using them in life.



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FREE Online Class Advance Care Planning

Are you prepared for the future? Life insurance, a will and power of attorney are important—but there's another kind of planning that costs nothing and ensures your medical and personal care wishes are respected. In this session, you'll learn what advance care planning is and what to include in a personal directive.

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a HealthyNS Program

FREE Online Class Building Better Sleep (2 week lunchtime series)

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. Get the same great content from our one week Building Better Sleep program, now split into two shorter, lunchtime sessions designed to fit your schedule.

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a HealthyNS Program

FREE Online Class **Rethinking Weight: Why** **Simple Advice Misses** **the Bigger Picture**



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In this two-part series, you'll learn the science behind how body weight is regulated and why it is influenced by more than just willpower. You'll build realistic expectations about how behavior affects weight, explore the emotions that can come with changing those expectations, and gain confidence to make informed, bias-free health decisions.

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a HealthyNS Program

FREE Online Class

Intro 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.



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a HealthyNS Program

FREE Online Class Food and Mood (2 week series)

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!



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a HealthyNS Program

FREE Online Class Exploring Emotions

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.

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a HealthyNS Program

FREE Online Class Making the Most of Your Daily Energy

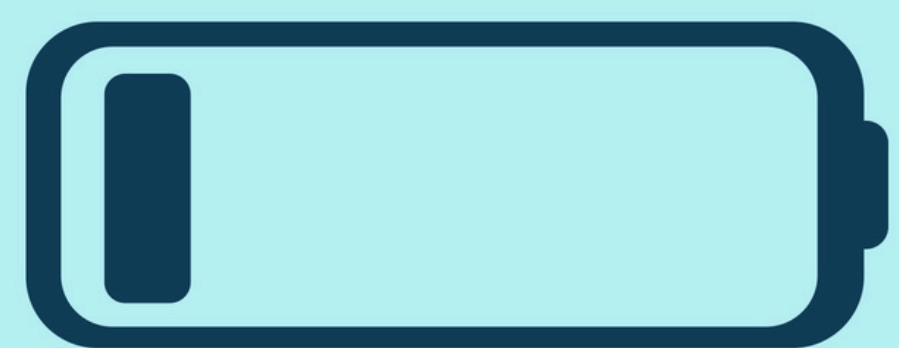
Many Nova Scotians experience fatigue as a result of a health condition or other factors. This program will provide education and strategies that can be used to help you manage your fatigue in everyday life and maximize your available energy. Practicing energy management can help individuals improve their immediate and long-term health.

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a HealthyNS Program

FREE Online Class Move Well, Breathe Well: Staying Active with COPD

Regular physical activity can help you manage COPD, improve your breathing, and make everyday activities easier. Learn why physical activity matters, the different types of exercise to include, how to exercise safely, and practical tips for building an activity routine that works for you. There will be no guided exercise in this session.

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a HealthyNS Program

FREE Online Class Where to Go for Care: Primary Health Care Options in Nova Scotia

Want to know where to go for care in a rapidly evolving health care system? This online session covers options like VirtualCareNS, Community Pharmacy Primary Care Clinics and more. Note: This session helps with self-management and navigation of the health care system but does not provide medical advice, access to providers or appointment booking.

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a HealthyNS Program

FREE Online Class Coping with Cancer (3 week series)

Living with cancer can bring stress, anxiety, and uncertainty. This three-session series shares practical skills to help manage worry, calm the mind and body, navigate uncertainty, and regain a sense of control, while also offering the opportunity to connect with others impacted by cancer.



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a HealthyNS Program

FREE Online Class Prediabetes (3 week series)

Join our online Prediabetes program to understand what it means when your blood sugars are above the normal range. Discover the power of lifestyle choices, empowering you to take control of your future and make positive changes for a healthier life.



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FREE Online Class How to Speak Assertively (3 week series)

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).

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a HealthyNS Program

FREE Online Class

COPD and You

Learn the basics of COPD treatments and the support available to help you manage your lung health. Lung and wellness experts will share key information and provide a roadmap for getting the help you need. After the workshop, you can self-refer for individualized education and support.

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a HealthyNS Program

FREE Online Class 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.



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a HealthyNS Program

FREE Online Class Time Management and Wellbeing

Not enough time in your day? Too much time? Learning how to manage your time is a vital skill to help you make the most of your day. Join us to discover time management skills that you can use in your life.



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FREE Online Class

Aging Well: Let's Talk About Frailty

Discover the secrets of aging well in this online program. Learn practical tips and advice to stay strong and healthy as you grow older.



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a HealthyNS Program

FREE Online Class Your Heart Matters (4 week series)

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.

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a HealthyNS Program

FREE Online Class Self Compassion (3 week series)

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



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a HealthyNS Program

FREE Online Class Mediterranean Inspired Eating (2 week series)



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Why is everyone talking about the Mediterranean way of eating? Discover how simple, everyday habits inspired by the Mediterranean style of eating can support your health and wellbeing. This program focuses on easy, enjoyable changes you can make to your meals.

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FREE Online Class 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.



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FREE Online Class Mindful Movement

This educational session introduces the practice of Mindful Movement, an approach that combines gentle physical activity with mindfulness by focusing on awareness and presence during movement. This session explores the potential benefits of mindful movement and provides examples of what a practice may look like for those interested in starting. Please note this is an educational session only and does not include guided movement.



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FREE Online Class

Your Quitting Smoking Toolbox

Whether you're ready to quit smoking or just exploring your options, this judgment-free session offers resources, connects you to healthcare supports and provides practical tips for success.



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FREE Online Class Mental Wellness Foundations

Do you feel stuck or that you are not thriving mentally? This one-hour interactive workshop will teach you the basics of mental wellness and how to flourish in your everyday life. You'll learn what mental wellness is, how it affects your health, and leave with a tool to promote your own mental wellness.

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a HealthyNS Program

FREE Online Class Beginner's Guide to Strengthening (2 week lunchtime series)

Do you want to improve your strength but are 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 with these exercises on your own. You will NOT be exercising in this session.

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a HealthyNS Program

FREE Online Class Getting Ready to Breastfeed: What to Expect & How to Prepare



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Whether you're new to breastfeeding or have breastfed before, every experience is different and you and your baby may need time to learn together. This session will help you know what to expect, how to get ready before your baby arrives, and where to find support if you need it. Learn practical information to help you feel more confident as you begin breastfeeding.

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a HealthyNS Program

FREE Online Class Menopause Explained: From Symptoms to Strategies (2 week series)



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This two-week series explores the physical, emotional and lifestyle changes that can happen during the menopause transition. You'll learn about common symptoms, what's normal and what can be treated. The sessions include tips and guidance from a doctor and other healthcare professionals to help you feel more informed and in control.

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a HealthyNS Program

FREE Online Class Actionable Allyship: Getting Started

Want to be a better ally to 2SLGBTQIA+ people but not sure where to start? This welcoming workshop is a great first step. We'll go over key terms and how to use gender-inclusive language and pronouns in ways that show respect and support. You'll learn what safer spaces are, why they matter, and you'll hear about the health and healthcare experiences of 2SLGBTQIA+ people. You'll also find out about prideHealth services and how to support 2SLGBTQIA+ people in your family, community and beyond.

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a HealthyNS Program

FREE Online Class Understanding Food Labels

Learn how to read food labels, understand the numbers and focus on the nutrients that matter for your health goals. Practice with real food examples and build confidence in making informed choice.



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a HealthyNS Program

FREE Online Class Falls: Tips to Stay Safe



Falls can happen to anyone. In this program we will talk about how to prevent slips, trips, and falls so you can continue to get the most out of life. This session will include information and discussion about falls prevention, including movement, health, and home safety tips.

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a HealthyNS Program

FREE Online Class Ideas Into Action: Small Steps, Big Success



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Struggling to reach your health goals, or not sure where to start? This interactive session is designed to get you thinking and planning. With guidance from facilitators and input from the group, you'll learn how to set realistic goals and create a personal plan that fits your life. This is an active learning session where your ideas, reflections and engagement are key to making it meaningful.

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a HealthyNS Program

FREE Online Class Actionable Allyship: Courageous Action



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Ready to take the next step in your allyship journey? This workshop builds on what you learned in Actionable Allyship: Getting Started. We'll explore how to practice meaningful, ongoing allyship for 2SLGBTQIA+ people. You'll learn strategies to challenge misinformation, support inclusion and create safer spaces in your community. This is a powerful opportunity to reflect, grow and take courageous action to support the wellbeing of 2SLGBTQIA+ people.

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FREE Online Class Beginner's Guide to Strengthening

Do you want to improve your strength but are 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 with these exercises on your own. You will NOT be exercising in this session.



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FREE Online Class Making Health Care Decisions for Someone Else



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In this session we will review the basic expectations around being a substitute decision-maker, and discuss some of the things that can make it ethically challenging.

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a HealthyNS Program

FREE Online Class Building Better Sleep



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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.

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a HealthyNS Program

FREE Online Class Food for One or Two



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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.

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a HealthyNS Program

FREE Online Class Medical Assistance in Dying (MAiD): What You Need to Know



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This session will explain what Medical Assistance in Dying (MAiD) is and how it works in Nova Scotia. You will learn about the laws, who can access MAiD and the steps involved.

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a HealthyNS Program

FREE Online Class 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.



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a HealthyNS Program

FREE Online Class 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.

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a HealthyNS Program

FREE Online Class **Incredible Years -** **Preschool 2.0** **(14 week series)**

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.

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a HealthyNS Program

FREE Online Class **Behaviour 101**



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

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a HealthyNS Program

FREE Online Class **Internet Safety**



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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.

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a HealthyNS Program

FREE Online Class **Distress Tolerance:** **Parent and Teen** **(6 week series)**



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

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FREE Online Class **Walking the Middle** **Path: Parent and Teen** **(6 week series)**



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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.

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a HealthyNS Program

FREE Online Class **Screen Time and** **Your Family**

We live in a world where screens are everywhere. In this session, you'll learn about the risks and benefits of screen time and explore simple ways to support healthy screen habits at home. For parents of children aged 0 to 12.



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FREE Online Class **Introduction to** **Parenting Your Teen**

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



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FREE Online Class **Self Compassion** **for Parents**

Parenting is a difficult job. Being self-compassionate can help provide us comfort, improve 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.

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a HealthyNS Program

FREE Online Class **Supporting youth on** **their Gender, Sexuality** **and Identity Journey**



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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.

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FREE Online Class **Substance Use and** **Your Teen Let's Talk** **About Drugs**

Learn about the current landscape of substance use and your teens. In this session, you will learn strategies to have conversations about substance use that promote honesty and build trust.



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FREE Online Class

My Child is Anxious. Should I Worry?

(2 week series)



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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.

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FREE Online Class **Incredible Years -** **School Age** **(10 week series)**

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.



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