

HealthyNS

**FREE online health and wellness programs
for Nova Scotians**



Program Guide: Fall 2026 - Winter 2027

www.HealthyNS.ca



Welcome to HealthyNS

Your trusted source for free online health programs and support.

HealthyNS is an initiative from **Nova Scotia Health and IWK Health** that offers free online health and wellness classes for people living in Nova Scotia.

HealthyNS programs are created and led by healthcare professionals with a focus on building healthy habits, reducing health risks and supporting mental and physical wellbeing.

Most programs are for adults (18+), but some are available for youth. **A valid Nova Scotia health card is required to register.**

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We have a new look!

HealthyNS programs are now hosted on the Microsoft Teams platform!



[Scan the QR code or click here to learn more about joining your HealthyNS session on Microsoft Teams](#)



What does this mean for you?

- If you register for a Nova Scotia Health HealthyNS program, you will now use Microsoft Teams instead of Zoom to join your virtual session.
- You do not need a Microsoft Teams account to join. You can join from a computer using your web browser, or use the Microsoft Teams app on a smartphone or tablet.
- When you register, you will receive information about how to join your session.

What will be staying the same?

- HealthyNS programs remain free and open to Nova Scotians as they are now.
- You will still register for programs and receive information about how to join their session.
- You will still join a live, virtual session led by HealthyNS facilitators.
- You can still use a computer, tablet or smartphone to take part.
- You will still be able to turn your microphone and camera on or off and interact with facilitators and other participants.
- Familiar participation tools such as chat, reactions and raising a hand are available in Teams, although they may look or be located differently.



HealthyNS is moving from Zoom to Microsoft Teams. While the way you join your virtual session will look a little different, the HealthyNS programs you know will stay the same.



One-on-One Support

A little guidance can make a big difference.

Whether you're setting a new health goal or want to be more active, you can meet with a health goal coach or physical activity counsellor to build a realistic, step-by-step plan tailored to your needs. These free services are designed to help you take action, stay motivated and feel confident managing your health. These services are offered by licensed healthcare professionals.

*** New appointment slots are added regularly.**

Health Goal Coaching

Do you want to make positive changes to your health? Are you having trouble sticking to your goals or are unsure about where to begin? You're not alone. Meet one-on-one virtually with a health goal coach and together you will work on turning your goals into a plan you can follow.

✦ [Register here.](#)

Physical Activity Counselling

Discover how physical activity can improve your health and manage chronic conditions! Physical activity counselling empowers you to make long-lasting improvements to your physical activity levels. Meet one-on-one virtually with a physical activity counsellor and together you will create a personalized plan that helps meet your goals.

✦ [Register here.](#)





Self-Management

Learn skills to take charge of your health.

People who practice self-management strategies are more likely to feel confident, experience fewer symptoms and improve their quality of life. These programs are designed to help you build those skills in a supportive environment.

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.

✦ [Register here.](#)

DATES	TIME
Monday, Oct. 19	2:00 - 3:30 p.m.
Friday, Jan. 8	10 - 11:30 a.m.
Tuesday, March 23	Noon - 1:30 p.m.



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.

✧ [Register here.](#)

DATES	TIME
Tuesdays, Nov. 3 - Dec. 1	10 - 11:30 a.m.
Wednesdays, March 3 - 31	Noon - 1:30 p.m.

Coping with Cancer – Dealing with Brain Fog

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.

✧ [Register here.](#)

DATES	TIME
Friday, Oct. 9	10 a.m. - Noon
Wednesday, Nov. 25	10 a.m. - Noon

Ideas into Action: Small Steps, Big Success

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. **Self-directed learning option is available [HERE](#).**

✧ [Register here.](#)

DATES	TIME
Monday, Dec. 7	6:00 - 7:30 p.m.
Tuesday, Jan. 26	2:00 - 3:30 p.m.
Tuesday, March 2	2:00 - 3:30 p.m.



Making Healthcare Decisions for Someone Else

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.

✧ [Register here.](#)

DATES	TIME
Wednesday, Dec. 9	10 - 11:30 a.m.
Monday, March 1	Noon - 1:30 p.m.

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.

✧ [Register here.](#)

DATES	TIME
Thursday, Oct. 29	2:00 - 3:30 p.m.
Thursday, Jan. 7	Noon - 1:30 p.m.
Tuesday, March 16	2:00 - 3:30 p.m.

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

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.

✧ [Register here.](#)

DATES	TIME
Tuesday, Dec. 15	Noon - 1:30 p.m.
Friday, Jan. 29	10:00 - 11:30 a.m.
Monday, March 8	6:00 - 7:30 p.m.



Menopause Explained: From Symptoms to Strategies (2 week)

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.

✦ [Register here.](#)

DATES	TIME
Wednesdays, Nov. 25 - Dec. 2	6:00 - 7:30 p.m.
Mondays, March 15 - 22	6:00 - 7:30 p.m.

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. **Self-directed learning option is available [HERE](#).**

✦ [Register here.](#)

DATES	TIME
Thursday, Nov. 5	2:00 - 3:30 p.m.
Tuesday, Feb. 2	6:00 - 7:30 p.m.

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.

✦ [Register here.](#)

DATES	TIME
Monday, Nov. 2	6:00 - 7:00 p.m.
Thursday, March 4	Noon - 1:00 p.m.



Reducing Health Risks

Take small steps toward better health.

Simple changes can make a big difference. These sessions help you understand your risk factors and explore realistic habits that make a big impact over time.

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.

🔗 [Register here.](#)

DATES	TIME
Tuesday, Dec. 1	2:00 - 3:30 p.m.
Tuesday, Feb. 16	6:00 - 7:30 p.m.





Actionable Allyship: Courageous Action

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.

✧ [Register here.](#)

DATES	TIME
Tuesday, Dec. 8	2:00 - 3:30 p.m.
Tuesday, Feb. 23	6:00 - 7:30 p.m.

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.

✧ [Register here.](#)

DATES	TIME
Monday, Nov. 9	2:00 - 3:30 p.m.
Tuesday, March 9	10 - 11:30 a.m.

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.

✧ [Register here.](#)

DATES	TIME
Thursday, Dec. 10	Noon - 1:30 p.m.
Monday, March 1	6:00 - 7:30 p.m.



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.

✧ [Register here.](#)

DATES	TIME
Mondays, Oct. 19 - 26	Noon- 1:00 p.m.
Mondays, Jan. 18 - 25	Noon - 1:00 p.m.

COPD and Living Smoke Free (3-week series)

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.

✧ [Register here.](#)

DATES	TIME
Wednesdays, Oct. 7 - 21	Noon - 1:00 p.m.
Thursdays, Jan. 28 - Feb. 11	Noon - 1:00 p.m.

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.

✧ [Register here.](#)

DATES	TIME
Wednesday, Nov. 4	Noon - 1:30 p.m.
Tuesday, Jan. 19	2:00 - 3:30 p.m.
Thursday, March 25	10 - 11:30 a.m.



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.

✦ [Register here.](#)

DATES	TIME
Friday, Dec. 4	10 - 11:30 a.m.
Monday, March 15	2:00 - 3:30 p.m.

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.

✦ [Register here.](#)

DATES	TIME
Tuesdays, Nov. 3 - 17	Noon - 1:30 p.m.
Tuesdays, Jan. 5 - 19	2:00 - 3:30 p.m.
Thursdays, March 18 - April 1	6:00 - 7:30 p.m.

Rethinking Weight: Why Simple Advice Misses the Bigger Picture

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.

✦ [Register here.](#)

DATES	TIME
Mondays, Oct. 19 - 26	2:00 - 3:30 p.m.
Wednesdays, Jan. 13 - 20	10 - 11:30 a.m.



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.

✦ [Register here.](#)

DATES	TIME
Fridays, Oct. 2 - 16	9:30 - 11 a.m.
Mondays, Jan. 11 - 25	2:00 - 3:30 p.m.

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.

✦ [Register here.](#)

DATES	TIME
Mondays, Nov. 9 - 30	6:00 - 7:30 p.m.
Tuesdays, Feb. 2 - 23	2:00 - 3:30 p.m.

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.

✦ [Register here.](#)

DATES	TIME
Monday, Nov. 16	Noon - 1:30 p.m.
Thursday, Jan. 14	6:00 - 7:30 p.m.



Mental Wellness

Take care of your mind, not just your body.

Strong mental health supports better sleep, improved relationships and greater resilience to stress. These programs offer tools to help you manage emotions, reduce anxiety and support your overall wellbeing.

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.

 [Register here.](#)

DATES	TIME
Friday, Oct. 16	10 - 11:30 a.m.
Monday, Jan. 11	6:00 - 7:30 p.m.
Monday, March 1	Noon - 1:30 p.m.



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.

✧ [Register here.](#)

DATES	TIME
Friday, Oct. 23	Noon - 1:30 p.m.
Friday, March 12	10 - 11:30 a.m.

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.

✧ [Register here.](#)

DATES	TIME
Thursday, Jan. 21	Noon - 1:30 p.m.
Wednesday, March 24	10:00 - 11:30 a.m.

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).

✧ [Register here.](#)

DATES	TIME
Tuesdays, Nov. 3 - 17	2:00 - 3:30 p.m.
Wednesdays, Jan. 13 - 27	6:00 - 7:30 p.m.
Wednesdays, March 3 - 17	10 - 11:30 a.m.



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.

✂️ [Register here.](#)

DATES	TIME
Wednesday, Nov. 18	2:00 - 3:00 p.m.
Monday, Feb. 22	10:00 - 11:00 a.m.

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.

✂️ [Register here.](#)

DATES	TIME
Thursday, Oct. 1	6:00 - 7:30 p.m.
Thursday, Dec. 3	2:00 - 3:30 p.m.
Thursday, March 11	Noon - 1:30 p.m.

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.

✂️ [Register here.](#)

DATES	TIME
Tuesdays, Nov. 10 - 24	Noon - 1:30 p.m.
Thursdays, Feb. 11 - 25	2:00 - 3:30 p.m.



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.

✧ [Register here.](#)

DATES	TIME
Thursday, Nov. 12	10:00 - 11:30 a.m.
Wednesday, Jan. 6	2:00 - 3:30 p.m.
Wednesday, March 31	6:00 - 7:30 p.m.

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.

✧ [Register here.](#)

DATES	TIME
Tuesdays, Oct. 6 - 27	6:00 - 7:30 p.m.
Mondays, Nov. 23 - Dec. 14	2:00 - 3:30 p.m.
Fridays, Feb. 5 - 26	10 - 11:30 a.m.

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.

✧ [Register here.](#)

DATES	TIME
Thursdays, Oct. 8 - 15	10:00 a.m. - Noon
Mondays, Feb. 1 - 8	2:00 - 4:00 p.m.



Healthy Eating

Discover simple ways to nourish your body and feel your best.

Eating well is linked to lower risk of heart disease, diabetes and other chronic illnesses. Our programs focus on realistic, balanced eating that supports your energy, mood and long-term health.

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.

✦ [Register here.](#)

DATES	TIME
Tuesdays, Oct. 6 - 20	Noon - 1:30 p.m.
Thursdays, Jan. 14 - 28	10 - 11:30 a.m.

Beginner's Guide to Plant-Based Eating

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

✦ [Register here.](#)

DATES	TIME
Tuesday, Oct. 27	10:00 - 11:30 a.m.
Wednesday, Feb. 10	6:00 - 7:30 p.m.
Wednesday, March 17	Noon - 1:30 p.m.





Beyond Weight (11 week)

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.

✂️ [Register here.](#)

DATES	TIME
Wednesdays, Jan. 13 - March 24	Noon - 1:00 p.m.

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!

✂️ [Register here.](#)

DATES	TIME
Wednesdays, Oct. 21 - 28	10 - 11:30 a.m.
Wednesdays, March 24 - 31	Noon - 1:30 p.m.

Food for One or Two

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

✂️ [Register here.](#)

DATES	TIME
Tuesday, Dec. 15	2 - 3:30 p.m.
Thursday, Feb. 25	10 - 11:30 a.m.



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.

✧ [Register here.](#)

DATES	TIME
Monday, Oct. 5	Noon - 1:00 p.m.
Friday, Feb. 12	Noon - 1:00 p.m.
Tuesday, March 23	Noon - 1:00 p.m.

Making Peace with Food (2-week series)

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.

✧ [Register here.](#)

DATES	TIME
Thursdays, Oct. 8 - 15	2:00 - 3:30 p.m.
Wednesdays, Feb. 3 - 10	10 - 11:30 a.m.

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.

✧ [Register here.](#)

DATES	TIME
Thursday, Nov. 5, 2026	6:00 - 7:30 p.m.
Wednesday, Feb. 17	10 - 11:30 a.m.



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.

✦ [Register here.](#)

DATES	TIME
Thursday, Oct. 8	6:00 - 7:30 p.m.
Tuesday, Jan. 26	10 - 11:30 a.m.
Thursday, March 18	Noon - 1:30 p.m.

Mediterranean Inspired Eating (2-week series)

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.

✦ [Register here.](#)

DATES	TIME
Thursdays, Nov. 12 - 19	2:00 - 3:30 p.m.
Tuesdays, Jan. 5 - 12	6:00 - 7:30 p.m.
Tuesdays, March 23 - 30	Noon - 1:30 p.m.

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.

✦ [Register here.](#)

DATES	TIME
Wednesday, Dec. 2	2:00 - 3:30 p.m.
Thursday, March 4	10 - 11:30 a.m.



Physical Activity

Move your body in ways that work for you.

Just 150 minutes of activity per week can lower your risk of many chronic conditions and improve your mental health. These sessions help you understand how to build strength, boost energy and stay active. Please note you will **not** be exercising in these programs.

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.

🔗 [Register here.](#)

DATES

Tuesday, Dec. 8

Thursday, March 11

TIME

6:00 - 7:30 p.m.

2:00 - 3:30 p.m.



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.

✧ [Register here.](#)

DATES	TIME
Fridays, Nov. 20 - 27	Noon - 1:00 p.m.
Tuesdays, Feb. 2 - 9	Noon - 1:00 p.m.

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.

✧ [Register here.](#)

DATES	TIME
Tuesday, Oct. 20	10:00 - 11:30 a.m.
Thursday, Jan. 14	2:00 - 3:30 p.m.

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.

✧ [Register here.](#)

DATES	TIME
Friday, Nov. 13	10:00 - 11:15 a.m.
Monday, Feb. 1	6:00 - 7:15 p.m.



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.

🔗 [Register here.](#)

DATES

Wednesday, Dec. 16

Monday, Feb. 22

TIME

Noon - 1:00 p.m.

6:00 - 7:00 p.m.

NEW

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.

🔗 [Register here.](#)

DATES

Friday, Oct. 30

Tuesday, March 30

TIME

10 - 11:30 a.m.

3:00 - 4:30 p.m.

Looking for more one-on-one support?



Physical Activity Counselling

Discover how physical activity can improve your health and manage chronic conditions! Physical activity counselling empowers you to make long-lasting improvements to your physical activity levels. Meet one-on-one virtually with a physical activity counsellor and together you will create a personalized plan that helps meet your goals.

🔗 [Register here.](#)



Parenting

Build skills for a healthier family life.

These sessions help parents and caregivers strengthen relationships, support their children's growth and improve family wellbeing. Many are offered in partnership with IWK Health.

NEW



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

 [Register here.](#)

DATES

TIME

Monday, Oct. 5

6:00 - 7:00 p.m.

Tuesday, March 16

Noon - 1:00 p.m.

NEW



Distress Tolerance: Parent and Teen (6-week series)

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

 [Register here.](#)

DATES

TIME

Tuesdays, Oct. 13 - Nov. 17

6:00 - 7:30 p.m.

Wednesdays, Jan. 13 - Feb. 17

6:00 - 7:30 p.m.





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.

➡ [Register here.](#)

DATES	TIME
Wednesday, Oct. 7 - 28	10:00 - 11:30 a.m.
Fridays, Nov. 6 - 27	10:00 - 11:30 a.m.
Mondays, Nov. 23 - Dec. 14	Noon - 1:30 p.m.
Fridays, Jan. 8 - 29	10:00 - 11:30 a.m.
Tuesdays, Feb. 2 - 23	2:00 - 3:30 p.m.
Tuesdays, March 2 - 23	6:00 - 7:30 p.m.

NEW

Getting Ready to Breastfeed: What to Expect and How to Prepare

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.

➡ [Register here.](#)

DATES	TIME
Tuesday, Nov. 24	2:00 - 3:30 p.m.
Monday, March 22	Noon - 1:30 p.m.

NEW



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.

➡ [Register here.](#)

DATES	TIME
Thursdays, Oct. 1, 2026 - Jan. 14	6:00 - 8:00 p.m.
Tuesdays, Jan. 26 - May 4	10 a.m. - Noon



Incredible Years: School Age - Modified (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.

 [Register here.](#)

DATES

Thursdays, Jan. 28 - April 8

TIME

6:00 - 7:30 p.m.

NEW



Internet Safety

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.

 [Register here.](#)

DATES

Wednesday, Oct. 7

TIME

6:00 - 7:30 p.m.



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

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.

 [Register here.](#)

DATES

Thursdays, Jan. 14 - 21

TIME

6:00 - 8:00 p.m.



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.

 [Register here.](#)

DATES

Wednesday, Nov. 18

Thursday, Feb. 18

TIME

Noon - 1:00 p.m.

6:00 - 8:00 p.m.



Screen Time and Your Family

We live in a world where screens are everywhere. This session offers a review of the Canadian Pediatric Society recommendations for screen time and some strategies for implementation. For caregivers of children age 10 and under.

 [Register here.](#)

DATES

TIME

Wednesday, Nov. 4

6:00 - 7:30 p.m.

Thursday, Feb. 25

6:00 - 7:30 p.m.



Walking the Middle Path: Parent and Teen (6 week series)

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.

 [Register here.](#)

DATES

TIME

Thursdays, Oct. 15 - Nov. 19

6:00 - 7:30 p.m.

Tuesdays, Jan. 12 - Feb. 16

6:00 - 7:30 p.m.



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.

 [Register here.](#)

DATES

TIME

Thursday, Nov. 26

Noon - 1:00 p.m.

Tuesday, March 2

6:00 - 7:30 p.m.



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.

 [Register here.](#)

DATES	TIME
Tuesday, Dec. 8	6:00 - 8:00 p.m.
Thursday, March 18	6:00 - 8:00 p.m.



Supporting Youth on Their Gender, Sexuality and Identity Journey

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.

 [Register here.](#)

DATES	TIME
Tuesday, Dec. 1	Noon - 1:00 p.m.
Wednesday, March 24	6:00 - 7:30 p.m.



Diabetes support at your own pace.

DiabetesNS.ca offers information and resources to help Nova Scotians live well with diabetes. The recorded sessions below are available anytime.

Coping Well with Diabetes

Learn about emotional reactions to diabetes, including stress and diabetes distress. Strategies to manage stress and to achieve new healthy habits are also reviewed.

[Watch here.](#)

Diabetes Essentials

Learn what diabetes is, ways to manage it, and targets to strive for. Feelings related to diabetes are also explored, along with tips for setting realistic goals.

[Watch here.](#)

Eating Well with Diabetes

Learn how food affects blood sugar, the importance of meal spacing and balance, and practical tips to cut back on sugar. The glycemic index is also reviewed, along with tips for setting realistic goals. [Watch here.](#)

Moving Well with Diabetes

Learn how food affects blood sugar, the importance of meal spacing and balance, and practical tips to cut back on sugar. The glycemic index is also reviewed, along with tips for setting realistic goals. [Watch here.](#)

Staying Well with Diabetes

Learn about the “A, B, C’s” of diabetes management, how to care for your feet, and tips for setting realistic goals. [Watch here.](#)





Lung Health

Learn on your own time.

These on-demand modules provide information and strategies to help you understand and manage conditions such as COPD and asthma.

COPD Basics: Definitions & Diagnosis

This module provides basic information about how COPD affects your lungs and reviews the test required for confirmation of diagnosis. [Watch here.](#)

COPD Basics: Managing Symptoms

This module offers basic strategies for managing symptoms and staying healthy with COPD. [Watch here.](#)

COPD Basics: Reducing and Quitting Your Nicotine Use

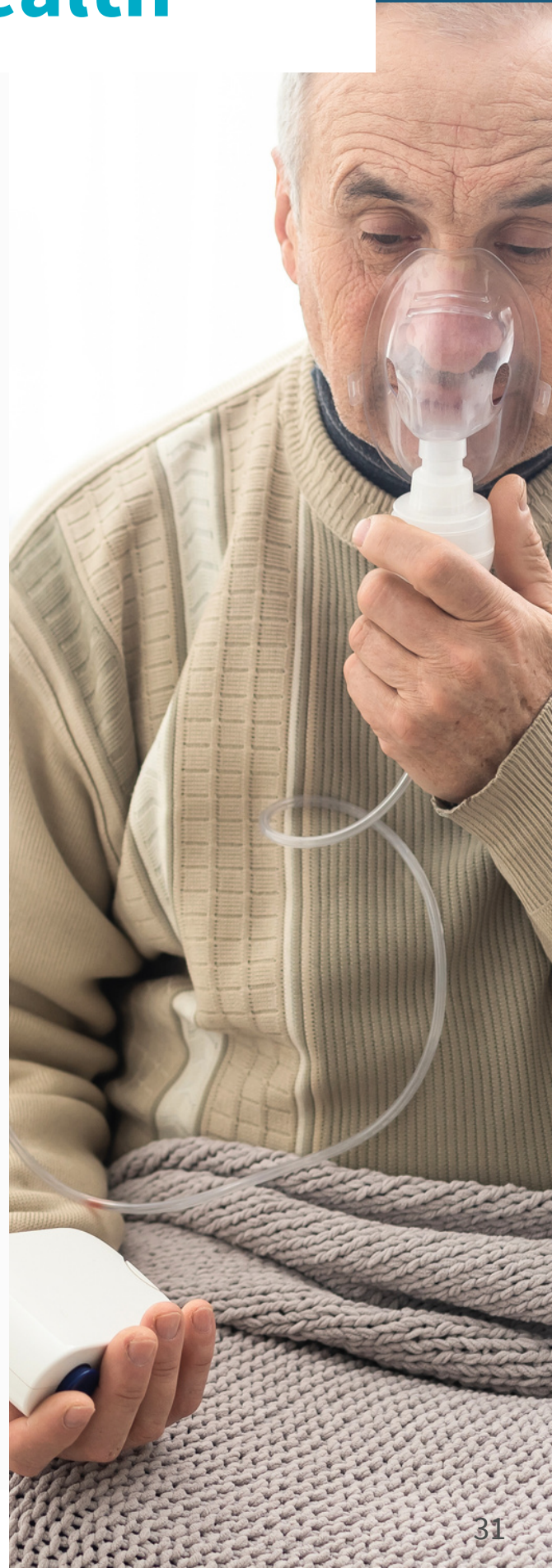
This quick presentation provides education and tips on making changes to your nicotine use and smoking. This presentation is intended primarily for individuals with a diagnosis of COPD. [Watch here.](#)

COPD Basics: Personal Health Directives

This module provides an introductory to Personal Directives and to know how having one applies to COPD. [Watch here.](#)

Asthma and You

This module reviews the basics of living with asthma including how to manage symptoms, recognize possible triggers, and when to seek help. [Watch here.](#)



Let's Chat!

Get in touch with us



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[novascotiahealthauthority](https://www.facebook.com/novascotiahealthauthority)

