

WINTER 2022

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FREE HEALTH & WELLNESS PROGRAMS

www.communityhealthteams.ca

902-460-4560



WELLNESS
NAVIGATION



REDUCING
YOUR
HEALTH RISKS



HEALTHY
EATING



PHYSICAL
ACTIVITY



MENTAL
WELLNESS



PARENTING

Community Health Teams



in PARTNERSHIP with



PROGRAM & REGISTRATION INFORMATION

Program & Registration Information

The Community Health Teams are a program of Nova Scotia Health in partnership with IWK Health where healthcare providers offer health and wellness programming. You will be required to provide your health card/number to register and registration is required for all programs.

If a program needs to be cancelled, registered participants will be notified. In the event of a last-minute power outage, the facilitators may be unable to start the program and will be unable to notify participants in these situations.

Most of the programs in this flyer are offered online through Zoom for Healthcare.

It is easy to register online!

Find a program in this flyer you are interested in. Simply click on “click **HERE**” in the program description in the flyer and you will be taken directly to the registration page for that program.

If a program is full, check back a couple of days before the programs starts to see if spaces have opened up.

Find a Program:



REDUCING YOUR HEALTH RISKS

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PARENTING

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PHYSICAL ACTIVITY

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OTHER PROGRAMS BY NOVA SCOTIA HEALTH & IWK

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Wellness Navigation

Do you **live** in the greater Halifax area?

Are you feeling **stressed**?

Are you **struggling** with your health, money, housing, or mental health?

Do you need **help** finding resources?

Do you have **concerns** about your child's mood or behaviour?

Do you want to join a group or **feel more connected** to your community?

Wellness navigators can connect you with services that will best help **YOU**.

What is a Navigator?

Navigators are health professionals who know health care, the greater Halifax community, and government systems. We can find the right resource for you. Navigators work with adults, children, youth, and families. Appointments can be by phone, Zoom for Healthcare, or in person (pending current public health recommendations).

Call 902-460-4560 (press 1 for Bedford/Sackville, 2 for Chebucto, 3 for Dartmouth and 4 for Halifax) **to make an appointment with a navigator.**





REDUCING YOUR HEALTH RISKS

Understand Pain — 3 Week Program

This series will explain how the pain system works. You will learn how the body changes with chronic pain. You will also learn about the factors affecting pain and real ways to manage it. Attendance the first week of the series is required. [To register, CLICK HERE.](#)

Tuesdays — Jan 25, Feb 1 & 8 10:00 - 11:00 am Online Zoom Program

Thursdays — Mar 31, Apr 7 & 14 2:00 - 3:00 pm Online Zoom Program

Ideas Into Action. Small Steps. Big Success!

Having difficulty reaching your health goals? Join this live session to learn the process of creating realistic and achievable goals to live your healthiest life. [To register, CLICK HERE.](#)

Monday – January 17 2:00 - 3:15 pm Online Zoom Program

Thursday – February 10 10:00 - 11:15 am Online Zoom Program

Monday – March 21 12:00 - 1:15 pm Online Zoom Program

Tuesday – April 19 6:00 - 7:15 pm Online Zoom Program

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

Keep it Going With Your Health Goals

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

[To register, CLICK HERE.](#)

Tuesday – February 22 2:00 - 3:15 pm Online Zoom Program

Tuesday – March 8 6:00 - 7:15 pm Online Zoom Program

Monday – April 25 12:00 - 1:15 pm Online Zoom Program

Don't have time for a live session? [CLICK HERE](#) to view an interactive recording of this session after you have attended or viewed the session: *Ideas into Action. Small Steps. Big Success!*





Building Better Sleep

Do you wonder how you could get a better night's sleep? Sleep is vital to our physical health, mental health and overall well-being. Join us for a discussion about why we sleep, what impacts our sleep, and other great tips. [To register, CLICK HERE.](#)

Friday – February 25	12:00 - 1:00 pm	Online Zoom Program
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Prediabetes — 3 Week Program

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. [To register, CLICK HERE.](#)

Wednesdays – Jan 19, 26 & Feb 2	1:30 - 2:45 pm	Online Zoom Program
Fridays – Feb 11, 18, 25	9:30 - 10:45 am	Online Zoom Program
Thursdays – Apr 14, 21, 28	6:30 - 7:45 pm	Online Zoom Program

HEALTHY EATING



Explore the Mediterranean Diet — 2 Week Program

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. Attendance the first week of the series is required. [To register, CLICK HERE.](#)

Thursdays – February 10 & 17	6:30 - 7:45 pm	Online Zoom Program
Wednesdays – March 2 & 9	9:30 - 10:45 am	Online Zoom Program
Mondays – April 4 & 11	1:30 - 2:45 pm	Online Zoom Program

Food and Mood — 2 Week Program

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! Join us to learn more. [To register, CLICK HERE.](#)

Fridays – January 21 & 28	10:00 - 11:00 am	Online Zoom Program
Mondays – March 21 & 28	7:00 - 8:00 pm	Online Zoom Program



HEALTHY EATING

Introduction to Beyond Weight – 2 Week Program

Have you ever been told what your weight should be? The truth is, your weight is a lot more complex than a number on a scale. In this series we will explore the many factors that influence weight, expectations for weight loss, and strategies to support your health and wellness through the pandemic and beyond. Attendance the first week of the series is required. [To register, CLICK HERE.](#)

Mondays – January 24 & 31	6:30 - 7:45 pm	Online Zoom Program
Fridays – March 4 & 11	9:30 - 10:45 am	Online Zoom Program

Beyond Weight. Shifting Focus to Health – 10 Week Program

Consider, how would you know you were on track with your health and wellness goals if there was no such thing as a scale? What does it mean to find a healthier you?

If you are interested in shifting your focus away from weight and towards improvements to your health and quality of life, join us in this 10-week series. Under the guidance of health care professionals, you will take part in group-based learnings that aim to help you make sustainable lifestyle changes. We will discuss nutrition, physical activity, emotions, genetics, our environments and the many factors that influence health and weight.

Please call 902-460-4560 (press 1 for Bedford/Sackville, 2 for Chebucto, 3 for Dartmouth and 4 for Halifax) for more information and to complete a screen to see if this program is right for you.

Please call at least 10 business days before the start date of the program.

Tuesdays – Feb 15 to Apr 26	12:00 - 1:30 pm	Online Zoom Program
Thursdays – Apr 21 to Jun 23	1:30 - 3:00 pm	Online Zoom Program

Meal Planning and Recipe Inspiration

Meal planning can seem intimidating, and it can be hard to know where to start. Learn about the foundations for successful meal planning and participate with us in this interactive session. The goal of this program is to 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. [To register, CLICK HERE.](#)

Monday – February 7	12:00 - 1:15 pm	Online Zoom Program
Thursday – March 31	1:30 - 2:45 pm	Online Zoom Program
Friday – April 29	9:30 - 10:45 am	Online Zoom Program



Beginners Guide to Plant Based Eating

Are you interested in making plant-based meals but unsure where to start? In this session we define plant-based eating as a pattern that emphasizes mostly plant foods: vegetables, fruits, whole grains, legumes, nuts, and seeds. In this session, we will explore the benefits of plant-based eating and how to incorporate plant foods in a simple and cost-effective way. [To register, CLICK HERE.](#)

Tuesday – January 18	10:00 - 11:15 am	Online Zoom Program
Friday – March 25	1:30 - 2:45 pm	Online Zoom Program
Thursday – April 7	12:00 - 1:15 pm	Online Zoom Program

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. [To register, CLICK HERE.](#)

Tuesday – February 1	12:00 - 1:15 pm	Online Zoom Program
Thursday – March 10	6:30 - 7:45 pm	Online Zoom Program

Why am I Still Hungry?

Are you snacking a lot throughout the day? Feeling hungry even after you just ate a meal? Join us to explore strategies to help feel full and satisfied after eating. Topics covered include satiety, fiber, protein and meal timing. [To register, CLICK HERE.](#)

Monday – February 28	6:30 - 7:45 pm	Online Zoom Program
Friday – April 22	9:30 - 10:45 am	Online Zoom Program





PHYSICAL ACTIVITY



Low Intensity 10-Week Exercise Program

Do you live in the greater Halifax area and have a chronic health condition that limits your ability to exercise? Are you unable to walk or exercise more than 15 minutes without a break? If so, this program may be for you. Two physiotherapists will help you develop the skills, motivation and confidence to safely exercise on your own. You will participate in a group class that includes walking/chair cardio as well as exercises for strength, balance, and flexibility. You will also receive support through sharing of physical activity resources, education and goal setting.

Call 902-460-4560 (press 1 for Bedford/Sackville, 2 for Chebucto, 3 for Dartmouth and 4 for Halifax) **for more information.**

This program is taking place at community locations. These locations require proof of full vaccination or proof of vaccination exemption.

Mondays and Wednesdays	Afternoon	Lower Sackville – Acadia Hall
Tuesdays and Thursdays	Morning	Clayton Park – Canada Games Centre
Tuesdays and Thursdays	Afternoon	East Dartmouth Community Centre
Tuesdays and Thursdays	Afternoon	Halifax – Good Shepherd Parish - St. Agnes Site

Move to Improve — 10 Week Program

Are you currently not exercising and do you sit the majority of your day? Do you live with a chronic condition or are you at risk of developing one? If so, this program might be for you. Come improve your fitness level and motivation to exercise in this program delivered in collaboration with the Canada Games Centre. To qualify you need to be able to walk for 20 minutes without stopping and be able to get in and out of a chair without difficulty.

A physical activity screen must be completed 2 weeks before the program starts. **Please call 902-460-4560** (press 1 for Bedford/Sackville, 2 for Chebucto, 3 for Dartmouth and 4 for Halifax) **for more information.**

This location requires proof of full vaccination or proof of vaccination exemption.

Mondays and Wednesdays (starting March 28)	1:00 - 2:00 pm	Clayton Park – Canada Games Centre
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Ready, Set, Move Series — 6 Week Program

Are you interested in learning about all the different parts of an active lifestyle? This series includes all of our Ready, Set, Move topics (Sit Less Move More, Intro to Cardio, Strengthening, Stretching and Balance) and you will also learn about the new Canadian 24 Hour Movement Guidelines. We will help you explore creative ways to add more movement to your day, develop an action plan, stay motivated and keep the change going for long term success. You will not be exercising as part of this program. [To register, CLICK HERE.](#)

Wednesdays – Feb 2 to Mar 9	6:30 - 7:45 pm	Online Zoom Program
Fridays – Mar 4 to Apr 8	12:00 - 1:15 pm	Online Zoom Program

Ready, Set, Move — Introduction to Cardio

Learn the Canadian Guidelines for how much exercise you need for health benefits. We will discuss simple techniques on how to safely increase your intensity with no equipment. [To register, CLICK HERE.](#)

Monday – January 31	10:00 - 11:15 am	Online Zoom Program
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Ready, Set, Move — Sit Less, Move More

Is your “new normal” causing you to sit more? Our bodies were designed to move and that can be challenging at the best of times. Join us as we learn about the impact on our health with too much sitting and share ways to move more in our homes, neighbourhoods, and communities. [To register, CLICK HERE.](#)

Thursday – March 3	6:30 - 7:45 pm	Online Zoom Program
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Ready, Set, Move — Strengthening

Do you want to improve your strength but not sure where to start? This session will teach you safe ways to do strengthening exercises, use different types of equipment and how to progress these exercises on your own. [To register, CLICK HERE.](#)

Thursday – March 10	2:00 - 3:15 pm	Online Zoom Program
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Ready, Set, Move — Stretching and Balance

Learn the basic techniques of stretching and balance exercises so you can do these at home. [To register, CLICK HERE.](#)

Wednesday – March 30	6:30 - 7:45 pm	Online Zoom Program
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PHYSICAL ACTIVITY

Make Your Whole Day Matter

Ever wonder how much movement you should be getting in a day? Come find out how to make your whole day matter and learn the new Canadian 24 Hour Movement Guidelines. This session will discuss three parts of your day: physical activity, sitting time and sleep. [To register, CLICK HERE.](#)

Thursday – February 24

6:30 - 7:45 pm

Online Zoom Program

Mindful Movement

Do you tend to rush when you do things? Would you like to be more mindful when you move? In this session you will practice becoming more aware of your body and your surroundings when you are still and when you are moving. [To register, CLICK HERE.](#)

Tuesday – February 15

6:30 - 7:45 pm

Online Zoom Program

Wednesday – April 6

12:00 - 1:15 pm

Online Zoom Program

The Truth About Weight and Exercise – 2 Week Program

In this two-part series you will learn the facts about weight loss and exercise. We will discuss different types of exercise and their role in your health, weight loss and maintenance and learn tips to be active at any size. You will NOT exercise in this program. Attendance the first week of the series is required. [To register, CLICK HERE.](#)

Fridays – February 11 & 18

12:00 - 1:15 pm

Online Zoom Program

Tuesdays – April 5 & 12

9:30 - 10:45 am

Online Zoom Program

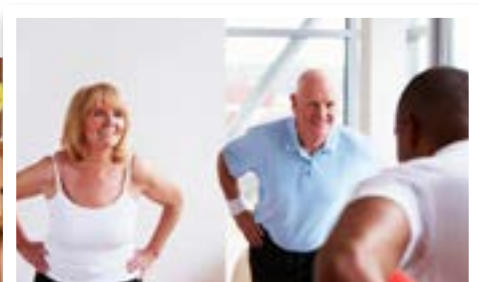
Finding an Online Exercise Program

Did you have an exercise routine outside the home and now need a new plan to stay active? Or are you new to exercise and need a place to start? Join us to explore some of the online exercise resources available to you. [To register, CLICK HERE.](#)

Monday – February 7

6:30 - 7:45 pm

Online Zoom Program





Introduction to Self-Compassion

Being self-compassionate can help provide us comfort, improved health, and increase our sense of satisfaction in our roles. Join us to practice ways to promote self-compassion when we experience difficulties in our everyday lives. [To register, CLICK HERE.](#)

Monday – January 17	12:00 - 1:00 pm	Online Zoom Program
Thursday – March 3	10:00 - 11:00 am	Online Zoom Program
Monday – April 11	6:00 - 7:00 pm	Online Zoom Program

Self-Compassion – 4 Week Program

Being self-compassionate can help provide us comfort, improved health, and increase our sense of satisfaction in our roles. Join us to delve deeper and practice ways to promote self-compassion when we experience difficulties in our everyday lives. This program builds in concepts and practice over time. Attendance the first week of the series is required. [To register, CLICK HERE.](#)

Tuesdays – Jan 18 to Feb 8	6:00 - 7:30 pm	Online Zoom Program
Wednesdays – Mar 23 to Apr 13	12:00 - 1:30 pm	Online Zoom Program

Discover Your Strengths

We all have the same 24 character strengths that we express in different ways. Together, we will discuss character strengths, how to recognize them in ourselves and others, and learn the benefits of using them in life. [To register, CLICK HERE.](#)

Thursday – February 17	12:00 - 1:30 pm	Online Zoom Program
Monday – April 25	6:00 - 7:30 pm	Online Zoom Program

Time Management and Wellbeing

Not enough time in your day? Too much time? Learning how to manage your time may help. Join us to discover time management skills that you can use in your life. [To register, CLICK HERE.](#)

Monday – March 7	12:00 - 1:00 pm	Online Zoom Program
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Free Time and You

Leisure and recreation can have a big impact on our health and wellbeing. Whether you have too little or too much free time, 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! [To register, CLICK HERE.](#)

Tuesday – March 22	6:00 - 7:30 pm	Online Zoom Program
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MENTAL WELLNESS

Exploring Emotions — 4 Week Program

Are you curious about your emotions? In this series, you'll learn how to identify emotions and develop skills to respond effectively to a range of emotions. Attendance the first week of the series is required. To register, [CLICK HERE](#).

Tuesdays – Feb 15 to Mar 8	9:30 - 11:30 am	Online Zoom Program
Wednesdays – Apr 6 to 27	6:00 - 8:00 pm	Online Zoom Program

Optimal Aging — 4 Week Program

There are five key actions that can help us to live well as we age: staying socially and physically active, taking care of your mental health, learning new things, and changing how we think about aging. How long we live is not just in our genes! Join us to explore these key actions, reflect on where you are now, set goals, and strive for a healthier life. Attendance the first week of the series is required. **This program available only to those living in the greater Halifax area. Call 902-460-4560 (press 1 for Bedford/Sackville, 2 for Chebucto, 3 for Dartmouth and 4 for Halifax) to register.**

Tuesdays – Apr 5 to 26	2:00 - 3:30 pm	Online Zoom Program
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Introduction to Take Charge of Your Stress

In this program you will learn about stress, explore how you experience stress, and practice skills you can use to reduce stress symptoms. To register, [CLICK HERE](#).

Wednesday – January 19	10:00 - 11:00 am	Online Zoom Program
Tuesday – March 29	6:00 - 7:00 pm	Online Zoom Program

Take Charge of Your Stress — 4 Week Program

Stress can have significant impacts on our health and wellbeing. Together we will learn about stress, explore how we experience stress, and practice a variety of skills you can use to reduce stress symptoms. Attendance the first week of the series is required. To register, [CLICK HERE](#).

Thursdays – Jan 20 to Feb 10	12:00 - 2:00 pm	Online Zoom Program
Thursdays – Mar 24 - Apr 14	6:00 - 8:00 pm	Online Zoom Program

How to Speak Assertively — 4 Week Program

Expressing our needs can be difficult. In this program you will learn about communication and practice assertiveness skills (e.g. active listening, saying no, and making requests). To register, [CLICK HERE](#).

Wednesdays – Jan 26 to Feb 16	12:00 - 1:30 pm	Online Zoom Program
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Please have your child's health card number on hand when you are registering for parenting programs.

Incredible Years – School Age – 12 Week Program

This program focuses on improving your child's social and emotional skills and reducing behaviour problems. It is for parents of children who are 6-12 years old. [To register, CLICK HERE.](#)

Wednesdays – Mar 23 to Jun 8	9:30 - 11:30 am	Online Zoom Program
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Incredible Years – Preschool – 14 Week Program

This program focuses on improving your child's social and emotional skills and reducing behaviour problems. It is for parents of children who are 3-6 years old. [To register, CLICK HERE.](#)

Tuesdays – Jan 25 to May 3 (no session March 15)	6:00 - 8:00 pm	Online Zoom Program
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Wednesdays – Feb 2 to May 11 (no session March 16)	6:00 - 8:00 pm	Online Zoom Program
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Screen Time and Your Family

We live in a world where screens are everywhere. Learn about the risks and benefits of screen time and way to help your family. For parents of children 0-12 years. [To register, CLICK HERE.](#)

Thursday – March 24	12:00 - 1:30 pm	Online Zoom Program
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My Child is Anxious. Should I Worry? – 2 Week Program

Learn how to identify early signs of anxious feelings in your children and skills to help them manage everyday anxiety. For parents and caregivers of children up to 12 years old. [To register, CLICK HERE.](#)

Mondays – March 28 & April 4	6:00 - 7:30 pm	Online Zoom Program
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Parenting Your Teen – Walking the Middle Path – 6 Week Program

Learn to better understand your teen, improve communication, and help your family run more smoothly. This program is only available to those living in the greater Halifax area. [To register call 902-460-4560 \(press 1 for Bedford/Sackville, 2 for Chebucto, 3 for Dartmouth and 4 for Halifax\).](#)

Tuesdays – Mar 1 to Apr 12 (no session March 15)	4:00 - 5:30 pm	Online Zoom Program
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OTHER PROGRAMS BY NOVA SCOTIA HEALTH & IWK

Please check the description for each program in this section for information on how to register.

Parent/Caregiver 101 Series – Behaviour, Mealtime & Toileting

Register for one or all three sessions listed below. To register, email angela.samson@iwk.nshealth.ca

Behaviour 101

Learn the basics of why unwanted behaviours happen and how to implement simple positive behaviour support strategies to help prevent them.

Tuesday – January 25	6:00 - 7:30 pm	Online Zoom Program
Wednesday – March 23	6:00 - 7:30 pm	Online Zoom Program

Mealtime 101

Learn healthy mealtime habits, how to introduce new foods, plus lots of tips and tricks to keep your child smiling at the table.

Tuesday – February 1	6:00 - 7:30 pm	Online Zoom Program
Thursday – March 31	6:00 - 7:30 pm	Online Zoom Program

Toileting 101

Discuss considerations and supports to help set your child up for toilet training success.

Wednesday – February 9	6:00 - 7:30 pm	Online Zoom Program
Thursday – April 7	6:00 - 7:30 pm	Online Zoom Program



4 the Health of It – 7 Week Program

This interactive wellness program is for people who want to reduce their risk of developing a chronic health condition or learn how to stay healthy and live well. You will participate in discussions about food & recipes, exercise & activity, goal setting & progress and general health. To register, [CLICK HERE](#).

Tuesdays – Jan 18 to Mar 1	1:00 - 2:30 pm	Online Zoom Program
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Advance Care Planning and Personal Directives

Are you interested in preparing yourself and your loved ones for the future? Do you have life insurance? A will or power of attorney? There is another kind of insurance you can have that costs nothing and helps ensure that your medical and personal care wishes are respected. The goal of this session is to explore what advance care planning is and what to include when creating a personal directive. [To register contact Andrew Comstock at 902-483-8943.](#)

Tuesday – January 11	1:00 - 3:00 pm	Online Zoom Program
Tuesday – February 15	1:00 - 3:00 pm	Online Zoom Program
Tuesday – March 8	1:00 - 3:00 pm	Online Zoom Program
Tuesday – April 5	1:00 - 3:00 pm	Online Zoom Program

Your Way to Wellness – 7 Week Program

This online Zoom program helps people with chronic conditions (and their caregivers) overcome daily challenges, take action and live a healthy life. Groups are led by trained volunteers, most of whom have chronic conditions themselves. Family and friends are welcome to attend. Participants learn how to set goals, problem solve, eat healthier, become more active, manage symptoms, make daily tasks easier, improve self-confidence, manage emotions and improve communication.

Tuesdays – Jan 25 to Mar 8	9:30 am - 12:00 pm	Register online HERE
Wednesdays – Feb 9 to Mar 23	1:30 - 4:00 pm	Register online HERE
Thursdays – Mar 24 to May 5	6:00 - 8:30 pm	Register online HERE

OTHER ONLINE RESOURCES



To check out more online resources on healthy eating, physical activity, mental wellness and parenting, visit www.healthyns.ca.

Mental Health and Addictions Program: Online Tools & Programs

Nova Scotians can access mental health and addictions support where and when they need it by visiting <http://MHAhelpNS.ca>. You can use the site to explore information, resources, tools, and connect with help 24/7. The website offers accurate, up-to-date information about services, contact information, clinic locations and other resources in our communities. The website is also home to [free online tools](#) for Mental Health and Addiction.

LEARN MORE AND CONNECT WITH US

 www.communityhealthteams.ca  @communityhealthteams  @CHTs_NSHA

WHAT IS A COMMUNITY HEALTH TEAM (CHT)?

A Community Health Team (CHT) offers FREE wellness programs and services in your community.

The range of programs and services offered by each CHT is shaped by what we have heard citizens need to best support their health. Your local Community Health Team:

- offers free group wellness programs at different times and community locations to make it easier for you to access sessions close to home,
- offers free wellness navigation to help you prioritize health goals and connect to the resources that you need, and
- works closely together with community organizations toward building a stronger and healthier community.

Where is my CHT?

BEDFORD/SACKVILLE

Bedford Place Mall – 1658 Bedford Highway

Serving Beaver Bank, Bedford, Fall River, Hammonds Plains, Lucasville, Mount Uniacke, Sackville, & Waverley.

DARTMOUTH

58 Tacoma Drive

Serving Dartmouth, Cole Harbour, Eastern Passage, Lawrencetown, Mineville, and North & East Preston.

CHEBUCTO (Halifax Mainland)

16 Dentith Road, Halifax

Serving Spryfield, Fairview, Clayton Park, Herring Cove, Armdale, Sambro Loop, the Pennants, Purcell's Cove, Tantallon, Hubbards, St. Margaret's Bay, Beechville, Lakeside, Timberlea, Prospect, Hatchet Lake, & Hubley.

HALIFAX PENINSULA

6080 Young Street (Suite 105)

Serving downtown, North-end, South-end, & West-end Halifax.



 SCAN ME