



Pediatric Rehabilitation
Services

The Village News

December's Special Dates

Wishing you a peaceful and joyful December!

11- Anniversary of the Statute of
Westminster

15 - First day of Hanukkah

21 - December Solstice

22 - Last day of Hanukkah

24 - Christmas Eve

25 - Christmas Day

26 - Kwanzaa (first day)

26 - Boxing Day

31 - New Year's Eve

December 2025

- OPOR Go-Live
- Learn to Poster
- Support Group for Complex Care Needs
- Recruiting for F-words Foundation Course
- Intervention Practice Study
- Parasport
- Autism Education Series
- Parenting Program
- Health & Wellness Programs

Contact:

amritpal.gill@iwk.nshealth.ca

Phone: 902-470-7039

Fax: 902-470-8348

5850/5980 University Ave
Halifax, NS B3K 6R8
www.iwk.nshealth.ca





Thank You for Your Patience

Our health care teams are working with a new system to improve care delivery. There may be some delays during your appointment as we work with our new technology.

We appreciate your patience and support while we navigate the early days.

While we begin using a new system, you may see other team members in our spaces. Support staff will be wearing purple or green vests, and blue shirts while helping health care teams with the new system.

Thank you

Are you currently accessing childcare and/or early education for your child(ren) with disabilities?



We want to know about your
family's experiences related to
access and **inclusion** in childcare
and early learning settings

If you...

- Are a parent or guardian of child(ren) ages 0-5 years with disabilities
- Accessing childcare and/or early education services
- Live within 150 km of Halifax Regional Municipality, Nova Scotia
- Comfortable having conversations in English

Then...

**We invite
your family
to participate
in our study!**

Study activities may include:

- Interviews with parents
- Interviews with children (*4-5 years)
- On-site visits (*Optional*)

**Promoting Health
and Well-being of
Children
Experiencing
Disability through
Equitable Access to
Inclusive Early
Learning and
Childcare: The
Family Experience**
REB: 2024-7278

**We also want
to hear from
your children
(4-5 years)!**

We want to learn how children
with disabilities engage in
activities and play with peers.
This way, we can better support
experiences of inclusion and
belonging.

**If you wish to learn
more or participate,
please contact:
dalshift@dal.ca**

**Project Lead:
Dr. Shanon Phelan
www.dalshift.ca**



LEARN TO SLEDGE



LEARN TO *WHEEL*

Non-competitive inclusive sports for children and youth with intellectual and physical disabilities.

For more information on schedules, location and registrations please contact

takepart@easterseals.ns.ca



Support Group for Parents of Children with Complex Care Needs

Next Virtual Meeting

Thursday, November 6th, 2025
Thursday, December 11th, 2025

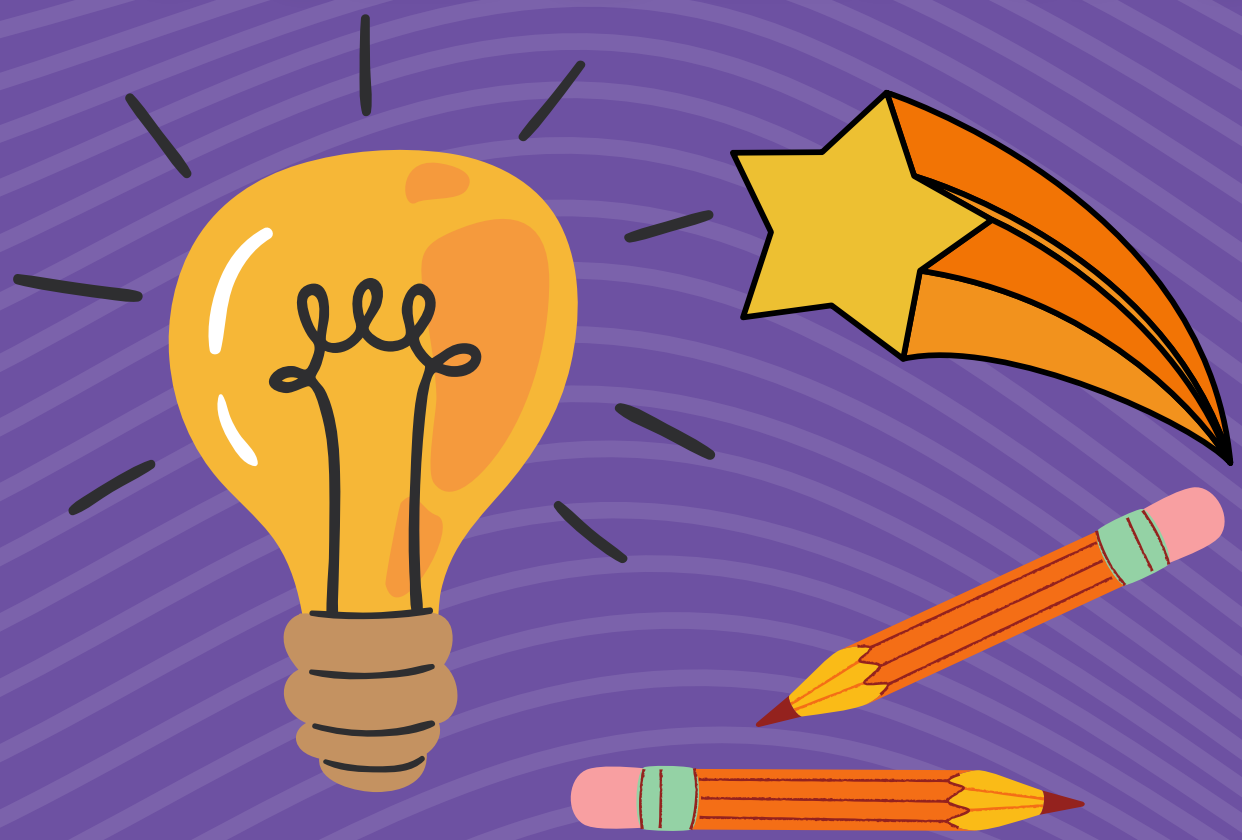
7:00-8:30 pm

This is a journey that does not
have to be taken alone.

We can do this together!

For more information speak to an
IWK Social Worker or email
jacklynn.pidduck@iwk.nshealth.ca

TAKE PART IN A RESEARCH STUDY!



**WE ARE LOOKING FOR
KIDS WITH DISABILITIES
TO JOIN OUR TEAM AS
CO-RESEARCHERS!**

STUDY INFORMATION:

- We are looking for kids with disabilities, grades 3-6, living in **Halifax Regional Municipality, to join our team as Co-Researchers!**
- With help from kids as co-researchers, Dalhousie University researchers want to understand more about:
 - what kinds of things matter most to kids?
 - what do inclusion and belonging mean to kids?
- To answer these questions, Co-Researchers will help us come up with a research idea, choose kid-friendly activities or tools to study it, make sense of what we find out together, choose who to share our findings with, and choose how to share our findings in fun and creative ways.
- If you join our research team, we will meet 4 times as a small group.
- Co-Researchers will help to decide where and how the meetings will take place. All forms of communication and mobility are welcome!
- Co-Researchers will receive \$100 in gift cards of their choice for their time and contributions.

CONTACT US AT
dalshift@dal.ca
FOR MORE INFORMATION

PROJECT LEAD: DR. SHANON PHELAN, DALHOUSIE UNIVERSITY

Dalhousie REB# 2024-7083

PROJECT TITLE: Promoting Health and Well-Being of Children experiencing Disability through Inclusion in Child Culture



**RESEARCH
NOVA SCOTIA**

**Learn more about the
Research Team here!**



**DALHOUSIE
UNIVERSITY**

Recruiting for F-words Foundations Course

Are you a service provider to, or a family member (parent/caregiver) of, someone with a developmental concern in Canada?

If so, we would like to invite you to be part of our F-Words Foundations Course study! The 'F-words for Child Development' (Functioning, Family, Fitness, Fun, Friends, Future) provide a family-centred, strengths-based, holistic approach to child health and development.

For the study, you will choose to complete one of two versions of the online F-words Foundations Course: (i) the self-paced version; or (ii) an online facilitated version that involves the self-paced version plus weekly one-hour online discussion groups with other caregivers and service providers.

You will also be asked to complete a questionnaire at baseline, program completion, and three months post-completion. A subset of parents and service providers will be asked if they would like to participate in an optional interview upon of completing the program.

Please contact Sarah, hopmansn@mcmaster.ca, if you would like more information about the study.

Thank you!

Intervention Practices Study

We are seeking participants

for an **online OR in-person** focus group discussing the approaches clinicians use when working with bilingual children on the autism spectrum

We are looking for adults who:

- Are the caregiver of a child between the ages of 18 - 72 months who has a presumed or confirmed autism diagnosis
- Have a child who has received autism services in Nova Scotia
- Speak a language other than English (e.g., Arabic, Spanish) at home

The study involves one session that is approximately 1.5 hours long. It requires either coming in-person to Dalhousie University **OR** an internet connection and access to a computer or tablet. To thank you for your participation you will receive a small compensation after the session.

For more information or to see if your child is eligible to participate please send us an email at cliclabb@dal.ca with the subject "Culture Study".

Website: www.cliclabdalhousie.ca
Research Ethics Board Approval Number 1030762



Parasport's in Nova Scotia

Para or Adaptive sports are competitive and/or recreational sports that are accessible to everyone, and can be played by anyone whether living with or without a disability!

Did you know there are tons of Parasport opportunities available in communities all across Nova Scotia? Visit parasportns.com to learn more about all the individual programs that are available across the province!



Examples of Parasport's Available Across Nova Scotia include;

- | | |
|---|--|
|  Para Hockey |  Wheelchair Curling |
|  Boccia |  Wheelchair Basketball |
|  Para-Canoe |  Ski & Snowboard |
|  Goalball |  Powerchair Soccer |

Map of Programs in Nova Scotia



Parasport FAQ's

Do you need to have a specific disability to participate in Parasport programs?

NO! Parasport's are designed to create a more inclusive and accessible sport environment. This means that at a recreational level they are open to participants of all abilities! Depending on your ability, certain sports may provide a better experience than others. You can check out each parasport offered in Nova Scotia at www.parasportns.com to see which sport might be the best fit for you, or you can reach out to parasport@sportnovascotia.ca if you need additional assistance or guidance!

** At competitive National levels and above all Parasport's have classification systems to group similar abilities together for competition*

How do I register for a program?

Parasport programs are not provided directly by Sport Nova Scotia, but by a variety of different organizations across the province! Each organization has their own registration process, but a centralized list of programs, links to register, and contact info can be found at www.parasportns.com! If you are having trouble finding the info for a specific sport or program, you can reach out to parasport@sportnovascotia.ca to get started!

What is the cost?

Cost varies program to program depending on the organization providing the program. Most parasport programs in Nova Scotia are low to no cost to register! If cost is a barrier, there are funding options such as KidSport available - <https://kidsportcanada.ca/nova-scotia/provincial-fund/>. There are also a number of municipalities across the province that offer subsidies for sport registration fees for youth.



I don't know what sport would be a good fit for me/ my child?

You can check out each parasport offered in Nova Scotia at www.parasportns.com to see which sport might be the best fit for you, or you can reach out to parasport@sportnovascotia.ca if you need additional assistance or guidance!

Is there a parasport program in my community?

There are parasport programs offered in communities all across Nova Scotia! You can find a map and list of available programs at www.parasportns.com!

Are there any options if there is no programs in my community?

Yes! Sport Nova Scotia offers the Parasport Program Loan which loans out the equipment, training and resources for a selection of parasports to eligible organizations to trial them in new communities! To find more info on this program visit <https://www.parasportns.com/parasport-program-loan/> or email parasport@sportnovascotia.ca

Do I need to have my own equipment?

It varies program by program depending on the organization providing the program, but for the vast majority of programs, NO! Most programs provide any specialized equipment such as sport chairs, specialized balls, etc as part of the program.





Autism Education Series

Explore resources to support your family in learning more about autism.



Scan here with your smartphone camera to learn more and access the Autism Education Series:



[Visit the IWK Health Website](#)



Autism Education Series:

The resources below have been created to support families with preschool-age children to learn more about autism.

Understanding Autism / Comprendre l'autisme

EN: Learn about the features of autism, support services, and autism acceptance.

FR: Découvrez les caractéristiques de l'autisme, les services de soutien, et l'acceptation de l'autisme.

Making Sense of Behaviour

Understand the meaning of behaviour and strategies to teach skills.

Parent Perspectives

A Parent and Family Advisor shares their family's autism journey.

Exploring Play

Explore ideas for playing together with your child.

Engagement

Set up the stage for your child's communication.

Social Communication

Build your child's social communication skills.

Positive Behaviour Support

Respond to behaviours of concern and teach your child new skills in daily routines.

Toileting

Prepare to teach toileting, practice the skills, and show your child that they are successful.

Self-Care for Parents and Caregivers

Reminders about how important it is to ask for help and to take care of yourself.



Parenting Programs

Fall 2025 - Winter 2026

Please have your child's health card number on hand for registration.

Each parent who wants to attend any of the sessions must register

individually. Questions? Call the Community Health Teams at 902-460-4560

Registration now open! communityhealthteams.ca

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.

DATES	TIME	LOCATION
Wednesdays, Sept. 17 to Dec. 17	10:00 a.m. - noon	Online Zoom Program
Tuesdays, Jan.13 to April. 14	6:00 - 8:00 p.m.	Online Zoom Program

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.

DATES	TIME	LOCATION
Thursdays, Sept. 25 to Dec. 11	6:00 - 8:00pm	Online Zoom Program
Wednesdays, Jan. 14 to April 1	2:00 - 4:00 p.m.	Online Zoom Program

Screen Time and Your Family

We live in a world where screens are everywhere. Learn about the risks and benefits of screen time and ways to help your family. For parents of children 0-12 years.

DATES	TIME	LOCATION
Wednesday, Oct. 15	6:00pm - 7:30pm	Halifax Community Health Team
Thursday, Nov. 6	6:00pm - 7:30pm	Tantallon Public Library
Thursday, Dec. 4	6:00pm - 7:30pm	Bedford/Sackville Community Health Team
Tuesday Jan. 13	6:00pm - 7:30pm	Woodlawn Public Library
Tuesday, Feb. 3	Noon - 1:30 p.m.	Online Zoom Program

Handle With Care (5-week program)

This program is designed to help parents and caregivers promote the mental health of young children from birth to 6 years old. Topics include: trust and healthy attachment, promoting self-care and self-esteem, expressing emotions, and building relationships with others.

DATES	TIME	LOCATION
Thursdays, Sept. 25 to Oct. 23	11:30 a.m. - 1:30 p.m.	East Preston Family Resource Centre
Fridays, Jan. 9 to Feb. 6	10:00 a.m. - noon	Chebucto Family Centre

Parenting Your Teen

This single session will help you better understand your teen and how their brain works. You'll learn simple strategies to improve communication and help your family life feel more calm and connected.

DATES	TIME	LOCATION
Thursday, Oct. 2	Noon - 1:30 p.m.	Halifax North Memorial Library
Wednesday, Dec. 3	Noon - 1:30 p.m.	Online Zoom Program
Tuesday, Feb. 3	6:00 - 7:30 p.m.	Sackville Public Library

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

In this program, you'll learn how to spot early signs of anxiety in your child and gain skills to help them manage everyday worries. For parents and caregivers of children up to 12 years old.

DATES	TIME	LOCATION
Wednesdays, Oct. 1 and 8	6:00 - 8:00 p.m.	Chebucto Community Health Team
Thursdays, Nov. 20 and 27	6:00 - 8:00 p.m.	Cole Harbour Public Library
Mondays, Jan. 5 and 12	6:00 - 8:00 p.m.	Online Zoom Program

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 everyday challenges.

DATES	TIME	LOCATION
Tuesday Oct. 14	10:00 - 11:30 a.m.	Fairview Family Centre
Thursday, Oct. 23	10:00 - 11:30 a.m.	Memory Lane Family Place, Lower Sackville
Tuesday, Nov. 4	Noon - 1:30 p.m.	Mulgrave Park Caring and Learning Centre
Thursday, Feb. 5	Noon - 1:30 p.m.	Online Zoom Program

Mental Health First Aid: Adults Supporting Youth

In this two-session certification program, you'll learn how to support youth aged 12 to 24 experiencing a decline in their mental health. This program is for parents, guardians and volunteers who interact with youth regularly. Please note: A self-directed module must be completed two weeks before the start of the virtual program.

DATES	TIME	LOCATION	REGISTRATION
Fridays, Oct. 24 and 31	9:00 - 1:00 p.m.	Online Zoom Program	Registration opens Sept. 2
January date coming soon!	9:00 - 1:00 p.m.	Online Zoom Program	Registration opens Dec. 1

Parent Wellness Series

Come to one, or come to all! Register for the weeks that you would like to attend.

DATES	TIME	LOCATION
Tuesdays, Jan. 20 to Feb. 10	10:00-11:00 a.m.	YWCA - Armdale Professional Building

Tuesday, Jan. 20: Behaviour 101 - Discuss and learn skills to respond effectively to kids' behaviour and keep things calm at home.

Tuesday, Jan. 27: Screen Time 101 - Learn about the risks and benefits of screen time and ways to help your family.

Tuesday, Feb. 3: Move More - Learn about the 24-hour movement guidelines and how to get your family to move more for better health.

Tuesday, Feb. 10: Healthy Eating 101 - Learn about healthy eating strategies for your family.

FREE

Health and Wellness Programs

Celebrating
15 Years
of Community
Health Teams



Fall 2025 and Winter 2026



About the Community Health Teams

Community Health Teams (CHTs) are a service of Nova Scotia Health and IWK Health. We offer free navigation services and group wellness 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: **Bedford/Sackville:** press 1. **Chebucto (Spryfield):** press 2. **Dartmouth:** press 3. **Halifax Peninsula:** press 4.



Please ask about accessibility and interpretation services

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Quick Facts

15 years

serving the Greater Halifax Area

13,000+

visits in 2024

50+

free health and wellness programs

200+

community partnerships

98%

program satisfaction rate

Register Now!



Wellness Navigation

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.**



**Book your navigation at
902-460-4560**

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

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

- Supporting parents with concerns about their child's mood or behaviour
- Assisting youth in accessing recreation or physical activity programs
- Navigating supports for housing, food security or medication coverage
- 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.

Register Now!

15 Years of Community Health Teams



Celebrating 15 Years of the Community Health Teams

Community Health Teams' Socials

It's our 15th anniversary! Drop by for a snack and a chat to celebrate with your Community Health Team. No registration required!

DATES	TIME	LOCATION
Tuesday, Sept. 9	1:00 - 3:00 p.m.	Bedford/Sackville CHT
Wednesday, Sept. 24	1:00 - 3:00 p.m.	Dartmouth CHT
Thursday, Oct. 23	10:00 a.m. - noon.	Halifax CHT
Thursday, Dec. 11	1:00 - 3:00 p.m.	Chebucto CHT



[Register Now!](#)



Parenting - Offered by the IWK

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. These free programs are offered by healthcare professionals both virtually and in-person.

Incredible Years: Preschool (14-week program)

This program focuses on improving your child's social and emotional skills and reducing behaviour problems. For parents of children who are 3-6 years old.

DATES	TIME	LOCATION	REGISTER
Wednesdays, Sept. 17 to Dec. 17	10:00 a.m. - noon.	Online Zoom Program	Click here
Tuesdays, Jan.13 to April 14	6:00 - 8:00 p.m.	Online Zoom Program	Click here

Incredible Years: School Age (12-week program)

This program focuses on improving your child's social and emotional skills and reducing behaviour problems. For parents of children who are 6-12 years old.

DATES	TIME	LOCATION	REGISTER
Thursdays, Sept. 25 to Dec. 11	6:00 - 8:00 p.m.	Online Zoom Program	Click here
Wednesdays, Jan. 14 to April 1	2:00 - 4:00 p.m.	Online Zoom Program	Click here

Screen Time and Your Family

We live in a world where screens are everywhere. Learn about the risks and benefits of screen time and ways to help your family. For parents of children 0-12 years old.

DATES	TIME	LOCATION	REGISTER
Wednesday, Oct. 15	6:00pm - 7:30 p.m.	Halifax CHT	Click here
Thursday, Nov. 6	6:00pm - 7:30 p.m.	Tantallon Public Library	Click here
Thursday, Dec. 4	6:00pm - 7:30 p.m.	Bedford/Sackville CHT	Click here
Tuesday, Jan. 13	6:00pm - 7:30 p.m.	Woodlawn Public Library	Click here
Tuesday, Feb. 3	Noon - 1:30 p.m.	Online Zoom Program	Click here



Handle With Care (5-week program)

This program is designed to help parents and caregivers promote the mental health of young children from birth to 6 years old. Topics include: trust and healthy attachment, promoting self-care and self-esteem, expressing emotions and building relationships with others.

DATES	TIME	LOCATION	REGISTER
Thursdays, Sept. 25 to Oct. 23	11:30 a.m. - 1:30 p.m.	East Preston Family Resource Centre	Click here
Fridays, Jan. 9 to Feb. 6	10:00 a.m. - noon.	Chebucto Family Centre	Click here

Parenting Your Teen

This session will help you better understand your teen and how their brain works. You'll learn simple strategies to improve communication and help your family life feel more calm and connected.

DATES	TIME	LOCATION	REGISTER
Thursday, Oct. 2	Noon - 1:30 p.m.	Halifax North Memorial Library	Click here
Wednesday, Dec. 3	Noon - 1:30 p.m.	Online Zoom Program	Click here
Tuesday, Feb. 3	6:00 - 7:30 p.m.	Sackville Public Library	Click here

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

In this program, you'll learn how to spot early signs of anxiety in your child and gain skills to help them manage everyday worries. For parents and caregivers of children up to 12 years.

DATES	TIME	LOCATION	REGISTER
Wednesdays, Oct. 1 and 8	6:00 - 8:00 p.m.	Spryfield Wellness Centre	Click here
Thursdays, Nov. 20 and 27	6:00 - 8:00 p.m.	Cole Harbour Public Library	Click here
Mondays, Jan. 5 and 12	6:00 - 8:00 p.m.	Online Zoom Program	Click 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 everyday challenges.

DATES	TIME	LOCATION	REGISTER
Tuesday, Oct. 14	10:00 - 11:30 a.m.	Nova Village NS	Click here
Thursday, Oct. 23	10:00 - 11:30 a.m.	Memory Lane Family Place	Click here
Tuesday, Nov. 4	Noon - 1:30 p.m.	Mulgrave Park Caring and Learning Centre	Click here
Thursday, Feb. 5	Noon - 1:30 p.m.	Online Zoom Program	Click here

Parent Wellness Series

Come to one, or come to all! Register for the weeks that you would like to attend.

DATES	TIME	LOCATION	REGISTER
Tuesdays, Jan. 20 to Feb 10	10:00 - 11:00 a.m.	YWCA	Click here

Tuesday, Jan. 20: Behaviour 101 - Discuss and learn skills to respond effectively to kids' behaviour and keep things calm at home.

Tuesday, Jan. 27: Screen Time 101 - Learn about the risks and benefits of screen time and ways to help your family.

Tuesday, Feb. 3: Move More - Learn about the 24-hour movement guidelines and how to get your family to move more for better health.

Tuesday, Feb.10: Healthy Eating 101 - Learn about healthy eating strategies for your family.

Mental Health First Aid: Adults Supporting Youth (2-week program)

In this two-session certification program, you'll learn how to support youth aged 12 to 24 experiencing a decline in their mental health. This program is for parents, guardians and volunteers who interact with youth regularly. Please note: A self-directed module must be completed two weeks before the start of the virtual program.

DATES	TIME	LOCATION	REGISTER
Fridays, Oct. 24 and 31	9:00 - 1:00 p.m.	Online Zoom Program	Click here after Sept. 2
January date coming soon!	9:00 - 1:00 p.m.	Online Zoom Program	Click here after Dec. 1



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

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.

DATES	TIME	LOCATION	REGISTER
Tuesday, Oct. 7	6:00 - 8:00 p.m.	Keshen Goodman Public Library	Click here
Tuesday, Dec. 2	10:00 a.m. - noon.	Dartmouth CHT	Click here

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.

DATES	TIME	LOCATION	REGISTER
Thursday, Oct. 9	6:00 - 8:00 p.m.	Halifax CHT	Click here
Monday, Nov. 3	6:00 - 8:00 p.m.	Memory Lane Family Place	Click here
Tuesday, Nov. 18	1:30 - 3:30 p.m.	Woodlawn Public Library	Click here
Wednesday, Feb. 18	1:30 - 3:30 p.m.	Spryfield Wellness Centre	Click here





Self-Compassion (1-week program)

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

DATES	TIME	LOCATION	REGISTER
Thursday, Sept. 25	1:30 - 3:30 p.m.	Bedford/Sackville CHT	Click here
Wednesday, Oct. 29	6:00 - 8:00 p.m.	Halifax CHT	Click here
Thursday, Oct. 30	1:30 - 3:30 p.m.	St. Peter's Church, Hackett's Cove	Click here
Monday, Dec. 8	1:30 - 3:30 p.m.	Woodlawn Public Library	Click here
Friday, Feb. 20	9:30 - 11:30 a.m.	Bedford/Sackville CHT	Click here

Self-Compassion (4-week program)

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	REGISTER
Tuesdays, Oct. 7 to 28	1:30 - 3:30 p.m.	Woodlawn Public Library	Click here
Tuesdays, Oct. 7 to 28	6:00 - 8:00 p.m.	Bedford/Sackville CHT	Click here
Thursdays, Nov. 6 to 27	6:00 - 8:00 p.m.	Spryfield Wellness Centre	Click here
Tuesdays, Feb. 3 to 24	1:30 - 3:30 p.m.	Dartmouth CHT	Click here
Wednesdays, Feb. 18 to Mar. 11	1:30 - 3:30 p.m.	Halifax Central Library	Click here

Take Charge of Your Stress (1-week program)

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	REGISTER
Thursday, Sept. 25	6:00 - 8:00 p.m.	Cole Harbour Public Library	Click here
Thursday, Oct. 2	6:00 - 8:00 p.m.	Halifax CHT	Click here
Wednesday, Oct. 29	9:30 - 11:30 a.m.	Memory Lane Family Place	Click here
Friday, Jan. 9	9:30 - 11:30 a.m.	Halifax CHT	Click here
Monday, Jan. 12	1:30 - 3:30 p.m.	Spryfield Wellness Centre	Click here
Monday, Feb. 9	1:30 - 3:30 p.m.	Dartmouth CHT	Click here
Tuesday, Feb. 17	1:30 - 3:30 p.m.	St. Peter's Church, Hackett's Cove	Click here
Thursday, Feb. 26	1:30 - 3:30 p.m.	Bedford/Sackville CHT	Click here



Take Charge of Your Stress (4-week program)

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	REGISTER
Mondays, Oct. 27 to Nov. 17	10:00 a.m. - noon.	Woodlawn Public Library	Click here
Wednesdays, Nov. 5 to 26	6:00 - 8:00 p.m.	Halifax CHT	Click here
Thursdays, Nov. 6 to 27	6:00 - 8:00 p.m.	Bedford/Sackville CHT	Click here

Exploring Emotions (1-week program)

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	REGISTER
Thursday, Sept. 18	6:00 - 8:00 p.m.	Faith City Church	Click here
Tuesday, Sept. 23	9:30 - 11:30 a.m.	Bedford/Sackville CHT	Click here
Monday, Oct. 20	10:00 a.m. - noon.	Woodlawn Public Library	Click here
Wednesday, Nov. 5	5:45 - 7:45 p.m.	Bedford Public Library	Click here
Friday, Nov. 21	1:30 - 3:30 p.m.	Keshen Goodman Public Library	Click here
Thursday, Dec. 4	1:30 - 3:30 p.m.	Dartmouth CHT	Click here
Thursday, Jan. 29 (in Arabic)	10:00 a.m. - noon.	Nova Scotia Islamic Community Centre	Click here
Friday, Feb. 13	9:30 - 11:30 a.m.	Halifax CHT	Click here
Monday, Feb. 23	1:30 - 3:30 p.m.	Bedford/Sackville CHT	Click here

[Click here](#)

Exploring Emotions (4-week program)

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	REGISTER
Tuesdays, Oct. 7 to 28	1:30 - 3:30 p.m.	Halifax CHT	Click here
Wednesdays, Nov. 5 to 26	6:00 - 8:00 p.m.	Dartmouth CHT	Click here
Fridays, Jan. 9 to 30	9:30 - 11:30 a.m.	Bedford/Sackville CHT	Click here
Fridays, Jan. 9 to 30	10:00 a.m. - noon.	Dartmouth CHT	Click here
Thursdays, Feb. 19 to March 12	6:00 - 8:00 p.m.	Spryfield Wellness Centre	Click here



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).

DATES	TIME	LOCATION	REGISTER
Thursdays, Oct. 2 to 23	6:00 - 8:00 p.m.	Cole Harbour Public Library	Click here
Fridays, Oct. 17 to Nov. 7	10:00 a.m. - noon.	Halifax CHT	Click here
Wednesdays, Nov. 5 to 26	1:30 - 3:30 p.m.	Bedford/Sackville CHT	Click here
Tuesdays, Nov. 18 to Dec. 9	10:00 a.m. - noon.	Keshen Goodman Public Library	Click here
Tuesdays, Jan. 20 to Feb. 10	9:30 - 11:30 a.m.	Sackville Heights Community Centre	Click here

Optimal Aging (4-week program)

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	REGISTER
Wednesdays, Oct. 1 to 22	10:00 a.m. - noon.	Tantallon Public Library	Click here
Fridays, Oct. 10 to 31	1:30 - 3:30 p.m.	Bedford Public Library	Click here
Tuesdays, Nov. 18 to Dec. 9	1:30 - 3:30 p.m.	Faith City Church	Click here
Mondays, Jan. 12 to Feb. 2	1:30 - 3:30 p.m.	Woodlawn Public Library	Click here
Wednesdays, Jan. 21 to Feb. 11	2:00 - 4:00 p.m.	Sackville Public Library	Click here

Mental Wellness Skills Practice

To participate in this session, you must have completed one of the following programs: Take Charge of Your Stress, Self-Compassion or Exploring Emotions. Are you looking for time to practice the skills you learned in these programs and learn how to use them in everyday life? Join us for one of our upcoming skills practice sessions.

DATES	TIME	LOCATION	REGISTER
Wednesday, Dec. 3	1:00 - 2:00 p.m.	Halifax CHT	Click here
Wednesday, Dec. 10	1:30 - 2:30 p.m.	Dartmouth CHT	Click here
Wednesday, Jan. 14	1:00 - 2:00 p.m.	Keshen Goodman Public Library	Click here
Tuesday, Feb. 24	10:00 - 11:00 a.m.	Bedford/Sackville CHT	Click here



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	REGISTER
Hike NS Guided Walk	Tuesday, Sept. 23	2:00 - 4:00 p.m.	Spryfield Wellness Centre	Click here
Gardening	Wednesday, Oct. 8	1:00 - 3:00 p.m.	Common Roots Urban Farm BiHi	Click here
Hike NS Guided Walk	Wednesday, Oct. 15	10:00 a.m. - noon.	Sackville Public Library	Click here
Intro to Origami	Tuesday Oct. 28	6:00 - 7:30 p.m.	Sackville Public Library	Click here





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).

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	REGISTER
Monday, Oct. 27	10:00 - 11:30 a.m.	Dartmouth CHT	Click here
Monday, Oct. 27	9:30 - 11:00 a.m.	Bedford/Sackville CHT	Click here
Thursday, Nov. 27	1:30 - 3:00 p.m.	Halifax CHT	Click here
Monday, Feb. 9	1:30 - 3:00 p.m.	Spryfield Wellness Centre	Click 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	REGISTER
Tuesday, Sept. 23	2:00 - 4:00 p.m.	Spryfield Wellness Centre	Click here
Monday, Sept. 29	1:30 - 3:30 p.m.	Memory Lane Family Place	Click here
Wednesday, Oct. 22	6:00 - 8:00 p.m.	Halifax Central Library	Click here
Tuesday, Nov. 4	6:00 - 8:00 p.m.	Woodlawn Public Library	Click here
Friday, Nov. 7	10:00 a.m. - noon.	Salvation Army Fairview	Click here
Tuesday, Dec. 2	9:30 - 11:30 a.m.	Bedford/Sackville CHT	Click here
Tuesday, Jan. 6	1:30 - 3:30 p.m.	Alderney Gate Public Library	Click here
Tuesday, Feb. 10	10:00 a.m. - noon.	Spryfield Wellness Centre	Click here
Thursday, Feb. 12	1:30 - 3:30 p.m.	Halifax CHT	Click here
Tuesday, Feb. 17	1:30 - 3:30 p.m.	Bedford/Sackville CHT	Click here
Friday, Feb. 27	10:00 a.m. - noon.	Dartmouth CHT	Click here



Scan the QR code to see virtual program options through HealthyNS

[Register Now!](#)



Reducing Your Health Risks

Understand Pain (2-week program)

This series will explain how the pain system works. You will learn how the body changes with chronic pain. You will also learn about the factors affecting pain and real ways to manage your pain.

DATES	TIME	LOCATION	REGISTER
Mondays, Nov. 17 and 24	1:30 - 3:30 p.m.	Halifax CHT	Click here
Mondays, Dec. 1 and 8	10:00 a.m. - noon.	Woodlawn Public Library	Click here

Prediabetes

Prediabetes (when blood sugars are above the normal range) offers a warning that you are at risk of developing diabetes. Learn how lifestyle choices can give you a chance to change your future.

DATES	TIME	LOCATION	REGISTER
Friday, Sept. 19	9:30 a.m. - noon.	Bedford/Sackville CHT	Click here
Monday, Oct. 6	9:30 a.m. - noon.	Halifax CHT	Click here
Wednesday, Oct. 15	9:30 a.m. - noon.	Kiwanis Club of Dartmouth	Click here
Thursday, Oct. 30	6:00 - 8:30 p.m.	Sackville Heights Community Centre	Click here
Monday, Nov. 3	5:30 - 8:00 p.m.	Canada Games Centre	Click here
Tuesday, Dec. 2	6:00 - 8:30 p.m.	Woodlawn Public Library	Click here
Thursday, Feb. 5	6:00 - 8:30 p.m.	Halifax CHT	Click here
Friday, Feb. 20	1:30 - 4:00 p.m.	Bedford Public Library	Click here
Monday, Feb. 23	1:00 - 3:30 p.m.	Dartmouth CHT	Click here
Monday, Feb. 23	1:30 - 4:00 p.m.	Spryfield Wellness Centre	Click here

Your Heart Matters (4-week program)

Many people have risk factors for heart disease and stroke. The good news is many of these can be managed and improved! In this series you will learn how healthy eating, physical activity, stress, sleep and substances impact your heart health. You will also learn how to create your own action plan for the changes you would like to make.

DATES	TIME	LOCATION	REGISTER
Thursdays, Oct. 2 to 23	1:30 - 3:30 p.m.	Bedford Public Library	Click here
Wednesdays, Oct. 8 to 29	6:00 - 8:00 p.m.	Cole Harbour Public Library	Click here
Wednesdays, Jan. 21 to Feb. 11	1:30 - 3:30 p.m.	Halifax CHT	Click here



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

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	REGISTER
Wednesdays, Oct. 1 to 15	5:45 - 7:45 p.m.	Sackville Public Library	Click here
Tuesdays, Oct. 7 to 21	6:00 - 8:00 p.m.	Woodlawn Public Library	Click here
Thursdays, Oct. 9 to 23	1:00 - 3:00 p.m.	Canada Games Centre	Click here
Thursdays, Jan. 29 to Feb. 12	6:00 - 8:00 p.m.	Halifax Central Library	Click here
Tuesdays, Feb. 3 to 17	1:00 - 3:00 p.m.	Spryfield Wellness Centre	Click here
Thursdays, Feb. 5 to 19	1:30 - 3:30 p.m.	Bedford Public Library	Click here
Fridays, Feb. 6 to 20	10:00 a.m. - noon.	Dartmouth CHT	Click here





Healthy Eating



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

Beyond Weight. Shifting Focus to Health (11-week program)

This program supports you to shift focus away from weight as a measure of your health. In this interactive 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.

DATES	TIME	LOCATION	REGISTER
Fridays, Oct. 3 to Dec. 12	10:00 - 11:30 a.m.	Dartmouth CHT	Click here

Healthy Eating 101

Confused about where to start with healthy eating? Get back to basics with information on eating well from Canada’s Food Guide.

DATES	TIME	LOCATION	REGISTER
Wednesday, Nov. 5	2:00 - 3:00 p.m.	Halifax CHT	Click here
Thursday, Nov. 20 (in Arabic)	10:00 a.m. - noon.	Nova Scotia Islamic Community Centre	Click here
Tuesday, Nov. 25	1:30 - 2:30 p.m.	Dartmouth CHT	Click here

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.

DATES	TIME	LOCATION	REGISTER
Tuesday, Sept. 23	6:15 - 7:45 p.m.	Sackville Public Library	Click here
Tuesday, Oct. 14	6:00 - 8:00 p.m.	Spryfield Wellness Centre	Click here
Tuesday, Oct. 28	10:00 - 11:30 a.m.	Dartmouth CHT	Click here
Monday, Nov. 3	1:30 - 3:00 p.m.	Halifax North Memorial Library	Click here
Monday, Jan. 19	2:30 - 4:00 p.m.	Cole Harbour Public Library	Click here
Thursday, Jan. 29	1:30 - 3:00 p.m.	Bedford/Sackville CHT	Click here

Register Now!



Mediterranean Inspired Eating

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	REGISTER
Friday, Sept. 19	9:30 - 11:30 a.m.	Halifax CHT	Click here
Wednesday, Sept. 24	6:00 - 8:00 p.m.	Cole Harbour Public Library	Click here
Thursday, Sept. 25	9:30 - 11:30 a.m.	St. John's United Church, Fall River	Click here
Monday, Oct. 20	6:00 - 8:00 p.m.	Memory Lane Family Place	Click here
Monday, Nov. 10	1:30 - 3:30 p.m.	Dartmouth CHT	Click here
Thursday, Nov. 13	6:00 - 8:00 p.m.	St. Margaret's Centre	Click here
Wednesday, Nov. 19	9:30 - 11:30 a.m.	Bedford/Sackville CHT	Click here
Wednesday, Nov. 19	1:30 - 3:30 p.m.	Bethany United Church	Click here
Monday, Dec. 8	1:30 - 3:30 p.m.	St. Peter's Church, Hackett's Cove	Click here
Thursday, Jan. 8	9:30 - 11:30 a.m.	Halifax CHT	Click here
Thursday, Jan. 8	10:00 a.m. - noon.	Dartmouth CHT	Click here
Thursday, Jan. 22	1:30 - 3:30 p.m.	Bedford/Sackville CHT	Click here
Friday, Feb. 6	10:00 a.m. - noon.	Captain William Spry Public Library	Click here
Tuesday, Feb. 24	1:30 - 3:30 p.m.	Sackville Heights Community Centre	Click here
Thursday, Feb. 26	1:00 - 3:00 p.m.	Dartmouth CHT	Click here

Understanding Food Labels

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	REGISTER
Friday, Oct. 3	9:30 - 11:00 a.m.	Beaver Bank Kinsac Community Centre	Click here
Tuesday, Oct. 21	5:30 - 7:00 p.m.	Prospect Road Community Centre	Click here
Thursday, Nov. 6	10:00 - 11:30 a.m.	Woodlawn Public Library	Click here
Thursday, Nov. 13	6:00 - 7:30 p.m.	Halifax Central Library	Click here
Tuesday, Nov. 18	6:15 - 7:45 p.m.	Sackville Public Library	Click here
Tuesday, Feb. 3	1:30 - 3:00 p.m.	Bedford/Sackville CHT	Click here
Thursday, Feb. 12	2:00 - 3:30 p.m.	Spryfield Wellness Centre	Click here
Wednesday Feb. 18	9:30 - 11:00 a.m.	Halifax CHT	Click here



Making Peace with Food (2-week program)

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	REGISTER
Wednesdays, Nov. 12 and 19	10:00 a.m. - noon.	Chebucto Family Centre	Click here
Tuesdays, Nov. 18 and 25	6:00 - 8:00 p.m.	Woodlawn Public Library	Click here

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.

DATES	TIME	LOCATION	REGISTER
Wednesday, Oct. 1	6:00 - 8:00 p.m.	Halifax CHT	Click here
Tuesday, Oct. 14	1:30 - 3:30 p.m.	Bedford/Sackville CHT	Click here
Thursday, Oct. 30	6:00 - 8:00 p.m.	Cole Harbour Public Library	Click here
Thursday, Dec. 4	9:30 - 11:30 a.m.	Bedford/Sackville CHT	Click here
Tuesday, Dec. 9	10:00 a.m. - noon.	Spryfield Wellness Centre	Click here
Tuesday, Jan. 6	2:00 - 4:00 p.m.	Keshen Goodman Public Library	Click here
Wednesday, Jan. 28	1:30 - 3:30 p.m.	Dartmouth CHT	Click here
Friday, Jan. 30	9:30 - 11:30 a.m.	Halifax CHT	Click here
Friday, Feb. 6	9:30 - 11:30 a.m.	Bedford/Sackville CHT	Click here

Food and Mood

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

DATES	TIME	LOCATION	REGISTER
Wednesday, Sept. 24	5:45 - 7:45 p.m.	Bedford Public Library	Click here
Thursday, Sept. 25	6:00 - 8:00 p.m.	Halifax Central Library	Click here
Tuesday, Nov. 4	10:00 a.m. - noon.	Dartmouth CHT	Click here
Monday, Jan. 19	9:30 - 11:30 a.m.	Bedford/Sackville CHT	Click here
Friday, Jan. 23	10:00 a.m. - noon.	Cole Harbour Public Library	Click here



Meal Planning and Recipe Inspiration

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	REGISTER
Monday, Sept. 22	2:00 - 4:00 p.m.	Cole Harbour Public Library	Click here
Wednesday, Sept. 24	10:00 a.m. - noon.	Chebucto Family Centre	Click here
Thursday, Oct. 16	6:00 - 8:00 p.m.	Bedford/Sackville CHT	Click here
Thursday, Oct. 30	10:00 a.m. - noon.	Halifax Community Health Team	Click here
Friday, Nov. 14	9:30 - 11:30 a.m.	Bedford/Sackville CHT	Click here
Tuesday, Dec. 9	10:00 a.m. - noon.	Dartmouth CHT	Click here
Wednesday, Jan. 14	6:00 - 8:00 p.m.	Salvation Army Fairview	Click here
Monday, Jan. 19	1:30 - 3:30 p.m.	Halifax Community Health Team	Click here
Wednesday, Feb. 11	1:30 - 3:30 p.m.	Dartmouth Community Health Team	Click here
Wednesday, Feb. 25	1:30 - 3:30 p.m.	Bedford/Sackville CHT	Click here

Eat Well, Age Well

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	REGISTER
Thursday, Oct. 2	6:00 - 8:00 p.m.	Bedford/Sackville CHT	Click here
Monday, Oct. 6	10:00 a.m. - noon.	Woodlawn Public Library	Click here
Friday, Oct. 10	10:00 a.m. - noon.	Halifax CHT	Click here
Thursday, Oct. 30	10:00 a.m. - noon.	Northwood Bedford Community Centre	Click here
Monday, Nov. 17	1:30 - 3:30 p.m.	J.D. Shatford Memorial Library	Click here
Monday, Jan. 12	1:30 - 3:30 p.m.	Bedford/Sackville CHT	Click here
Monday, Feb. 2	1:30 - 3:30 p.m.	Bethany United Church	Click here
Thursday, Feb. 12	1:00 - 3:00 p.m.	Kiwanis Club of Dartmouth	Click here
Thursday, Feb. 19	2:00 - 4:00 p.m.	Spryfield Wellness Centre	Click here



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.

DATES	TIME	LOCATION	REGISTER
Thursday, Oct. 2	10:00 a.m. - noon.	Woodlawn Public Library	Click here
Tuesday, Oct. 7	10:00 a.m. - noon.	Northwood Bedford Community Centre	Click here
Tuesday, Oct. 7	10:00 a.m. - noon.	Keshen Goodman Public Library	Click here
Tuesday, Nov. 4	6:00 - 8:00 p.m.	Bedford/Sackville CHT	Click here
Monday, Dec. 1	1:30 - 3:30 p.m.	Alderney Gate Public Library	Click here
Wednesday, Dec. 3	6:00 - 8:00 p.m.	Halifax Central Library	Click here
Wednesday, Feb. 11	1:30 - 3:30 p.m.	Beaver Bank Kinsac Community Centre	Click here
Tuesday, Feb. 24	1:30 - 3:30 p.m.	Halifax CHT	Click here

Be Good to Your Gut

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	REGISTER
Tuesday, Oct. 7	6:00 - 8:00 p.m.	Tantallon Public Library	Click here
Thursday, Oct. 9	6:00 - 8:00 p.m.	Bedford/Sackville CHT	Click here
Tuesday, Oct. 14	10:00 a.m. - noon.	Dartmouth CHT	Click here
Wednesday, Oct. 15	9:30 - 11:30 a.m.	Halifax North Memorial Library	Click here
Tuesday, Nov. 25	9:30 - 11:30 a.m.	St. John's United Church, Fall River	Click here
Wednesday, Nov. 26	1:30 - 3:30 p.m.	Dartmouth CHT	Click here
Thursday, Dec. 4	1:30 - 3:30 p.m.	Captain William Spry Public Library	Click here
Monday, Jan. 26	1:30 - 3:30 p.m.	Halifax CHT	Click here
Tuesday, Jan. 27	10:00 a.m. - noon.	Chebucto Family Centre	Click here
Monday, Feb. 9	1:30 - 3:30 p.m.	Memory Lane Family Place	Click here
Wednesday, Feb. 18	1:30 - 3:30 p.m.	Dartmouth CHT	Click here



Scan the QR code to see virtual program options through HealthyNS



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? You will participate in a group class that includes walking/chair cardio as well as exercises for strength, balance and flexibility. You will also receive support through sharing of physical activity resources, education and goal setting. This program is available only to those living in the Greater Halifax Area. If you have previously participated in this program, you may not be eligible.

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 Parish - St. Agnes Site



Register Now!



Move to Improve (10-week program)

Would you like to incorporate more movement and exercise into your day? Do you live with a chronic condition or are you at risk of developing one? Come improve your fitness level and motivation to exercise in this 10-week program. You need to be able to walk for 30 minutes without stopping and be able to get up and down from the floor without difficulty. **Register and complete the physical activity screen at www.communityhealthteams.ca.** A physiotherapist will review and confirm all registrations. If you have previously participated in this program, you may not be eligible.

DATES	TIME	LOCATION	REGISTER
Mondays and Thursdays starts Sept. 29	Afternoons	Cole Harbour Place	Click here
Mondays and Wednesdays starts Oct. 6	Afternoons	Canada Games Centre	Click here
Mondays and Wednesdays starts Jan. 12	Afternoons	Canada Games Centre	Click here

Balance Basics (2-week program)

Do you want to feel more steady and confident on your feet? Balance Basics is a two-week program that will give people strategies to improve their balance and prevent falls. Each session includes exercise and group discussion. Participants will be shown strength and balance exercises they can do at home. **Register and complete the physical activity screen at www.communityhealthteams.ca.**

DATES	TIME	LOCATION	REGISTER
Fridays, Sept. 19 and 26	9:30 - 11:30 a.m.	St. Andrew's Community Centre	Click here
Wednesdays, Sept. 24 and Oct. 1	4:00 - 6:00 p.m.	St. Margaret's Centre	Click here
Thursdays, Oct. 2 and 9	9:30 - 11:30 a.m.	Bedford/Sackville CHT	Click here
Fridays, Nov. 7 and 14	10:00 a.m. - noon.	Harrietsfield Williamswood Community Centre	Click here
Thursdays, Nov. 13 and 20	1:30 - 3:30 p.m.	Sackville Heights Community Centre	Click here
Mondays, Dec. 1 and 8	9:30 - 11:30 a.m.	Halifax CHT	Click here
Wednesdays, Jan. 7 and 14	10:00 a.m. - noon.	Woodlawn United Church	Click here
Wednesdays, Jan. 14 and 21	5:00 - 7:00 p.m.	Canada Games Centre	Click here
Fridays, Jan. 16 and 23	1:30 - 3:30 p.m.	Halifax Central Library	Click here
Thursdays, Jan. 22 and 29	9:30 - 11:30 a.m.	Bedford/Sackville CHT	Click here
Wednesdays, Feb. 18 and 25	10:00 a.m. - noon.	Woodlawn United Church	Click here



Physical Activity

Building Better Balance (6-week program)

This program is for adults who have a fear of falling or decreased balance but have not experienced more than two falls in the past year. Participants must be able to stand on their own without holding on to anything and able to exercise for 30 minutes at a low to moderate intensity without rest. Participants will exercise twice a week in a group setting with a physiotherapist. **Register and complete the physical activity screen at www.communityhealthteams.ca.** A physiotherapist will review and confirm all registrations. If you have previously participated in this program, you may not be eligible.

DATES	TIME	LOCATION	REGISTER
Tuesdays and Fridays starts Oct. 7	Afternoons	Bedford-Hammonds Plains Community Centre	Click here
Mondays and Fridays starts Sept. 29	Mornings	St. Andrew's Community Centre	Click here
Mondays and Wednesdays starts Oct. 20	Mornings	North Woodside Community Centre	Click here
Mondays and Wednesdays starts Oct. 20	Mornings	Spryfield Wellness Centre	Click here
Tuesdays and Fridays starts Jan. 13	Afternoons	Bedford-Hammonds Plains Community Centre	Click here
Mondays and Fridays starts Jan. 26	Mornings	St. Andrew's Community Centre	Click here

Ready, Set, Move (4-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 (Move More for Better Health, Intro to Cardio, Strengthening, Stretching and Balance). We will help you to explore creative ways to get more movement in your day, develop an action plan, stay motivated and keep the change going for long-term success.

Register and complete the physical activity screen at www.communityhealthteams.ca.

DATES	TIME	LOCATION	REGISTER
Fridays, Sept. 26 to Oct. 17	10:00 a.m. - noon.	Dartmouth CHT	Click here
Wednesdays, Nov. 12 to Dec. 3	9:30 - 11:30 a.m.	Halifax CHT	Click here
Fridays, Nov. 21 to Dec. 12	9:30 - 11:30 a.m.	Bedford/Sackville CHT	Click here
Thursdays, Feb. 5 to 26	9:30 - 11:30 a.m.	Bedford/Sackville CHT	Click here
Fridays, Feb. 6 to 27	10:00 a.m. - noon.	Harrietsfield Williamswood Community Centre	Click here



Physical Activity

Ready, Set, Move: Introduction to Cardio

Learn the Canadian Guidelines for how much exercise you need for health benefits. We will discuss simple techniques on how to safely increase your intensity with no equipment. **Register and complete the physical activity screen at www.communityhealthteams.ca.**

DATES	TIME	LOCATION	REGISTER
Tuesday, Dec. 9	9:30 - 11:30 a.m.	Bedford/Sackville CHT	Click here
Wednesday, Jan. 14	1:30 - 3:30 p.m.	Bethany United Church	Click here

Ready, Set, Move: Strengthening Outdoor Edition

Are you curious about outdoor equipment? This session will teach you how to safely use this equipment and progress these exercises on your own. An email with the specific meeting location will be sent out the week before. Rain date will be the following week at the same time. You must be able to walk for 15 minutes. **Register and complete the physical activity screen at www.communityhealthteams.ca.**

DATES	TIME	LOCATION	REGISTER
Thursday, Sept. 25	5:00 - 6:30 p.m.	Westmount Park	Click here
Wednesday, Oct. 8	9:00 - 10:30 a.m.	Dewolf Park	Click here

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. **Register and complete the physical activity screen at www.communityhealthteams.ca.**

DATES	TIME	LOCATION	REGISTER
Friday, Oct. 3	10:00 a.m. - noon.	Spryfield Wellness Centre	Click here
Wednesday, Oct. 15	1:30 - 3:30 p.m.	Bethany United Church	Click here
Friday, Dec. 12	10:00 a.m. - noon.	Tantallon Public Library	Click here
Friday, Jan. 30	10:00 a.m. - noon.	Cole Harbour Public Library	Click here
Wednesday, Feb. 11	9:30 - 11:30 a.m.	Halifax CHT	Click here
Friday, Feb. 27	2:00 - 4:00 p.m.	Sackville Public Library	Click here



Physical Activity

Mindful Movement

Do you tend to rush when you do things? Would you like to be more mindful when you move? In this session you will practice becoming more aware of your body and your surroundings when you are still and when you are moving. This program does not require a physical activity screen.

DATES	TIME	LOCATION	REGISTER
Thursday, Nov. 6	9:30 - 11:00 a.m.	Halifax CHT	Click here
Monday, Nov. 24	6:30 - 8:00 p.m.	Memory Lane Family Place	Click here
Wednesday, Dec. 3	10:00 - 11:30 a.m.	Dartmouth CHT	Click here
Tuesday, Jan. 27	5:30 - 7:00 p.m.	Keshen Goodman Public Library	Click here

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

The Nova Scotia Brotherhood Initiative and the Nova Scotia Sisterhood

are teams of Black healthcare professionals providing free services to Black men and women including medical care, health education, chronic disease management, wellness navigation and more!

[CLICK HERE](#) for more information on the Nova Scotia Brotherhood Initiative, or call (902) 421-7260.

[CLICK HERE](#) for information on the Nova Scotia Sisterhood, or call (902) 421-7270.



Register Now!

Arabic Programs



These programs are offered in Arabic or with Arabic interpretation to help make health and wellness information more accessible for Arabic-speaking adults in our community.

Healthy Eating 101

أساسيات الأكل الصحي
هل تشعر بالحيرة حول من أين تبدأ رحلتك نحو الأكل الصحي؟ ابدأ من الأساسيات مع معلومات مستمدة من دليل كندا الغذائي لتتعلم كيف تتناول طعامًا صحيًا بشكل أفضل. - ستقدّم الجلسة مع ترجمة فورية إلى اللغة العربية.

DATES	TIME	LOCATION	REGISTER
Thursday, Nov. 20	10:00 a.m. - noon	Nova Scotia Islamic Community Centre	Click here

Exploring Emotions

التعرف على المشاعر!
في هذه الجلسة، ستتعلم كيف يساعدك فهم مشاعرك على تحسين صحتك العامة. ستحصل على أدوات ومعلومات تساعدك على التعرف على ردود فعلك العاطفية وفهم العلاقة بين الأفكار والمشاعر والسلوك. يساعدك البرنامج على بناء الثقة في فهم مشاعرك وكيفية التعامل معها. ملاحظة: هذه الجلسة ستقدّم باللغة العربية.

DATES	TIME	LOCATION	REGISTER
Thursday, Jan. 29	10:00 a.m. - noon	Nova Scotia Islamic Community Centre	Click here



[Register Now!](#)

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 CHT
First Thursday of each month	1:00 - 3:00 p.m.	Halifax CHT
Third Wednesday of each month	1:00 - 3:00 p.m.	Spryfield Wellness Centre
Last Wednesday of each month. No session in December.	6:00 - 7:30 p.m.	Bedford/Sackville CHT

Advance Care Planning - Inspired COPD Outreach Program, Nova Scotia Health

To register, please call Andrew Comstock at 902-483-8943.

DATES	TIME	LOCATION
Tuesday, Oct. 14	10:00 a.m. - noon.	Bedford/Sackville CHT

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

No registration required.

DATES	TIME	LOCATION
Thursdays	3:30 - 4:30 p.m.	Dartmouth CHT

Multiple Sclerosis Peer Support Health Group - MS Canada

To register, contact the MS Knowledge Network: 1-844-859-6789 or msnavigators@mscanada.ca

DATES	TIME	LOCATION
Third Friday of each month	1:00 - 3:30 p.m.	Dartmouth CHT

Learn to Meditate for Free - Sahaja Yoga

To register, please email info@freemeditation.ca

DATES	TIME	LOCATION
Mondays starting Sept. 15	6:00 - 7:00 p.m.	Halifax CHT

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.

OCTOBER PROGRAMS	DATE	TIME	REGISTER
Self-Compassion (1-week)	Monday, Oct. 6	6:00 - 7:30 p.m.	Click here
Understanding Pain (3-weeks)	Fridays, Oct. 10 to 24	noon - 1:30 p.m.	Click here
Exploring Emotions (4-weeks)	Thursdays, Oct. 16 to Nov. 6	2:00 - 3:30 p.m.	Click here

NOVEMBER PROGRAMS	DATE	TIME	REGISTER
Prediabetes (3-weeks)	Fridays, Nov. 7 to 21	noon - 1:30 p.m.	Click here
Take Charge of Your Stress (4-weeks)	Mondays, Nov. 17 to Dec. 8	10:00 - 11:30 a.m.	Click here
Take Charge of Your Stress (1-week)	Tuesday, Nov. 25	2:00 - 3:30 p.m.	Click here
Beyond Weight (1-week)	Thursday, Nov. 27	2:00 - 3:30 p.m.	Click here



Scan the QR code to see virtual program options through HealthyNS

Register Now!

HealthyNS Virtual Programs

DECEMBER PROGRAMS	DATE	TIME	REGISTER
Food and Mood (2-weeks)	Tuesdays, Dec. 2 to 9	noon - 1:30 p.m.	Click here
Making Peace with Food (2-weeks)	Thursdays, Dec. 4 to 11	10:00 - 11:30 a.m.	Click here
Understanding Food Labels	Thursday, Dec. 4	2:00 - 3:30 p.m.	Click here

JANUARY PROGRAMS	DATE	TIME	REGISTER
Be Good to Your Gut (3-weeks)	Tuesdays, Jan. 6 to 20	10:00 - 11:30 a.m.	Click here
Beyond Weight (11-weeks)	Wednesdays, Jan. 7 to Mar. 18	noon - 1:30 p.m.	Click here
Meal Planning and Recipe Inspiration	Friday, Jan. 9	10:00 - 11:30 a.m.	Click here
How to Speak Assertively (3-weeks)	Mondays, Jan. 19 to Feb. 2	6:00 - 7:30 p.m.	Click here
Discover Your Strengths	Thursday, Jan. 22	6:00 - 7:30 p.m.	Click here
Mediterranean Inspired Eating (2-weeks)	Tuesdays, Jan. 27 to Feb. 3	6:00 - 7:30 p.m.	Click here
Understanding Pain (3-weeks)	Wednesdays, Jan. 28 to Feb. 11	6:30 - 8:00 p.m.	Click here

FEBRUARY PROGRAMS	DATE	TIME	REGISTER
Your Heart Matters (4-weeks)	Wednesdays, Feb. 4 to 25	2:00 - 3:30 p.m.	Click here
Exploring Emotions	Thursday, Feb. 5	2:00 - 3:30 p.m.	Click here
Food for One or Two	Monday, Feb. 9	6:00 - 7:30 p.m.	Click here
Beginner's Guide to Plant-Based Eating	Tuesday, Feb. 17	6:00 - 7:30 p.m.	Click here
Eat Well, Age Well	Thursday, Feb. 19	2:00 - 3:30 p.m.	Click here
Self-Compassion (3-weeks)	Thursdays, Feb. 26 to March 12	6:00 - 7:30 p.m.	Click here



Scan the QR code to see virtual program options through HealthyNS

[Register Now!](#)

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
DeWolfe Park	150 Waterfront Drive, Bedford
Memory Lane Family Place	22 Memory Lane, Lower Sackville
Northwood Bedford Community Centre	185 Gary Martin Drive, Bedford
Nova Scotia Islamic Community Centre (NSICC)	2141 Larry Uteck Blvd, Bedford
St. John's United Church	3360 Highway #2, Fall River
Sackville Public Library	636 Sackville Drive, Lower Sackville
Sackville Heights Community Centre	45 Connolly Road, Middle Sackville
Wallace Lucas Community Centre	596 Lucasville Road, Lucasville

Community Locations for Chebucto (Halifax Mainland)

Chebucto Community Health Team 16 Dentith Road, Halifax

Located in the Spryfield Wellness Centre

LOCATION	ADDRESS
Captain William Spry Public Library	16 Sussex Street, Halifax
Canada Games Centre	26 Thomas Raddall Drive, Halifax
Chebucto Family Centre	3 Sylvia Avenue, Halifax
Harrietsfield Williamswood Community Centre NEW	1138 Old Sambro Road, Harrietsfield
J.D. Shatford Memorial Public Library	10353 St. Margaret's Bay Road, Hubbards
Keshen Goodman Public Library	330 Lacewood Drive, Halifax
Nova Village NS	6 Titus Street, Halifax
Prospect Road Community Centre	2141 Prospect Road, Hatchet Lake
Salvation Army Fairview	50 Gesner Street, Halifax
Spryfield Wellness Centre	16 Dentith Road, Halifax (Spryfield)
St. Peter's Church NEW	10030 Peggy's Cove Road (Hackett's Cove)
St. Margaret's Centre	12 Westwood Blvd, Upper Tantallon
Tantallon Public Library	3646 Hammonds Plains Road, Tantallon

Community Locations

Community Locations for Dartmouth

Dartmouth Community Health Team – 58 Tacoma Drive

LOCATION	ADDRESS
Alderney Gate Public Library	60 Alderney Drive, Dartmouth
Cole Harbour Public Library	51 Forest Hills Parkway, Cole Harbour
East Dartmouth Community Centre	50 Caledonia Road, Dartmouth
East Preston Family Resource Centre	1900 Highway 7, East Preston
Kiwanis Club of Dartmouth	45 Graham's Grove, Dartmouth
North Woodside Community Centre	230 Pleasant Street, Dartmouth
Woodlawn Public Library	31 Eisener Boulevard, Dartmouth
Woodlawn United Church NEW	54 Woodlawn 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
Bethany United Church	2669 Joseph Howe Drive, Halifax
Common Roots Urban Farm BiHi	7064 Bayers Road, Halifax
Faith City Church NEW	6225 Summit Street, Halifax
Good Shepherd Parish (St. Agnes Site)	6903 Mumford Road, Halifax
Halifax Central Library	5440 Spring Garden Road, Halifax
Halifax North Memorial Library	2285 Gottingen Street, Halifax
Mulgrave Park Caring and Learning Centre	57 Jarvis Lane, Halifax
St. Andrew's Community Centre	3380 Barnstead Lane, Halifax
YMCA – Armdale Professional Building NEW	2625 Joseph Howe Drive, 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
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.



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Exploring Emotions (4-weeks)	Thursdays, Oct. 16 to Nov. 6	2:00 - 3:30 p.m.	Click here
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Food and Mood (2-weeks)	Tuesdays, Dec. 2 to 9	noon - 1:30 p.m.	Click here
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