



IWK Community Health Team Free Virtual Programs 2026/2027



IWK Health

IWK Community Health Team virtual programs offer practical information, strategies, and support for parents, caregivers and teens. Led by IWK Mental Health and Wellness Coordinators, these programs are designed to help families build confidence, strengthen relationships, and navigate common parenting challenges from the comfort of home.

Register Now!

You can register for programs online at www.communityhealthteams.ca, by using the 'Register Here' link beside each program, or by scanning the QR code →

NEW! CHT virtual programs have moved from Zoom to Microsoft Teams. Two days before the program, participants will receive a Microsoft Teams link to the email address provided at registration. **Questions?** Call us at 902-460-4560 ext. 5



Please call or email for accessibility and interpretation services





IWK CHT Virtual Programs 2026/2027



Incredible Years: Preschool 2.0 (14- week program)

[Register here](#)

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

DATES

TIME

LOCATION

Thursdays, Oct. 1 - Jan. 14

6:00 - 8:00 p.m.

Online - Microsoft Teams

Tuesdays, Jan. 26 - May 4

10:00 a.m. - Noon

Online - Microsoft Teams



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

[Register here](#)

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

DATES

TIME

LOCATION

Thursdays, Jan. 28 - April 8

6:00 - 8:00 p.m.

Online - Microsoft Teams



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

[Register here](#)

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

DATES

TIME

LOCATION

Tuesdays, Oct. 13 - Nov. 17

6:00 - 7:30 p.m.

Online - Microsoft Teams

Wednesdays, Jan. 13 - Feb. 17

6:00 - 7:30 p.m.

Online - Microsoft Teams



Internet Safety

[Register here](#)

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

DATES

TIME

LOCATION

Wednesday, Oct. 7

6:00 - 7:30 p.m.

Online - Microsoft Teams



IWK CHT Virtual Programs 2026/2027

Supporting Youth on Their Gender, Sexuality and Identity Journey

[Register here](#)

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

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

Substance Use and Your Teen

[Register here](#)

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

DATES	TIME	LOCATION
Thursday, September 24	Noon - 1:30 p.m.	Chebucto Community Health Team and Online - Microsoft Teams
Tuesday, Dec. 8	6:00 - 8:00 p.m.	Online - Microsoft Teams
Thursday, March 18	6:00 - 8:00 p.m.	Online - Microsoft Teams

Behaviour 101

[Register here](#)

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

DATES	TIME	LOCATION
Monday, Oct. 5	6:00 - 7:00 p.m.	Online - Microsoft Teams
Tuesday, March 16	Noon - 1:00 p.m.	Online - Microsoft Teams

Introduction to Parenting Your Teen

[Register here](#)

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

DATES	TIME	LOCATION
Wednesday, Nov. 18	Noon - 1:00 p.m.	Online - Microsoft Teams
Thursday, Feb. 18	6:00 - 8:00 p.m.	Online - Microsoft Teams



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

[Register here](#)

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

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

Self-Compassion for Parents

[Register here](#)

Parenting is a difficult job. Being kind to yourself can bring comfort, support your health, and help you feel more confident and satisfied in your role as a parent. In this session, you'll practice simple ways to build self-compassion during daily challenges.

DATES	TIME	LOCATION
Thursday, Nov. 26	Noon - 1:00 p.m.	Online - Microsoft Teams
Tuesday, March 2	6:00 - 7:30 p.m.	Online - Microsoft Teams

Screen Time and Your Family

[Register here](#)

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

DATES	TIME	LOCATION
Wednesday, Sept. 23	6:00 - 7:30 p.m.	Online - Microsoft Teams
Wednesday, Nov. 4	6:00 - 7:30 p.m.	Online - Microsoft Teams
Thursday, Feb. 25	6:00 - 7:30 p.m.	Online - Microsoft Teams

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

[Register here](#)

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

DATES	TIME	LOCATION
Wednesdays, Sept 9 and 16	Noon - 2:00 p.m.	Online - Microsoft Teams
Wednesdays, Nov. 18 and 25	6:00 - 8:00 p.m.	Spryfield Wellness Centre or Online - Microsoft Teams
Thursdays, Jan. 14 and 21	6:00 - 8:00 p.m.	Online - Microsoft Teams