

FALL 2019 to  
WINTER 2020

**REGISTER NOW**  
Phone • Drop in • Online

Please ask about  
accessibility and  
interpretation services.



# FREE HEALTH & WELLNESS PROGRAMS

**902-460-4560**  
[www.communityhealthteams.ca](http://www.communityhealthteams.ca)



WELLNESS  
NAVIGATION



REDUCING  
YOUR  
HEALTH  
RISKS



FOOD,  
NUTRITION  
& WEIGHT  
MANAGEMENT



PHYSICAL  
ACTIVITY



EMOTIONAL  
WELLNESS



PARENTING



COMMUNITY  
CONNECTION

## Community Health Teams



in PARTNERSHIP with





# NAVIGATION

## Wellness Navigation

- 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 community, and government systems. We can find the right resource for you. Navigators work with adults, children, youth, and families. We can meet you at a Community Health Team location or at a public location.

Call 902-460-4560 to make an appointment with a navigator.



# COMMUNITY CONNECTION

## Community Health Team Social

Come have a snack and a chat with your Community Health Team and meet others in your community. No registration required.

Friday – December 6	2:00 - 4:00 pm	Halifax CHT – 6080 Young Street
Friday – December 13	1:00 - 3:00 pm	Bedford/Sackville CHT – Bedford Place Mall



## Your Voice Matters at the Community Health Team

[www.yourvoicematterscht.ca](http://www.yourvoicematterscht.ca)

The range of programs and services offered by each CHT is shaped by what we have heard citizens need to best support their health. We want your input! Take a few minutes to complete this online survey to offer your feedback, help us understand your needs and improve the programs and services we offer. For a paper copy of the survey, please call 902-460-4560.

## Find a Program:



**Reducing Your Health Risks**  
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**Physical Activity**  
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**Parenting**  
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**Food, Nutrition & Weight Management**  
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**Emotional Wellness**  
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**Partner Programs**  
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\* See pages 22 & 23 for a list of our COMMUNITY LOCATIONS with addresses.



"I appreciate that there is a wide range of programs and that they are all free and facilitated by health professionals." — CHT Client

## Personal Wellness Profile

Would you like to make changes in your health, but don't know where to start? In a personal wellness profile you will complete a lifestyle survey and have your cholesterol, blood sugar, blood pressure, body fat and waist circumference measured and analyzed. You then receive a personalized report that lets you know how you are doing in 9 health areas and find out your health age. See below for dates and locations.

This is a 3-hour program and preregistration is required. All sessions are from 8:30-11:30 am.

### Bedford/Sackville CHT

Bedford Place Mall

#### WEDNESDAY:

September 4  
September 18  
October 2  
October 23  
October 30  
November 13  
November 27  
December 4  
December 11  
January 8  
January 22  
February 5  
February 19

#### SATURDAY:

September 14

### Chebucto CHT

Community Wellness Centre

#### WEDNESDAY:

September 18  
October 9  
October 23  
November 13  
November 27  
December 11  
January 15  
January 29  
February 12  
February 26

#### SATURDAY:

November 2

### Dartmouth CHT

58 Tacoma Drive

#### THURSDAY:

September 19  
September 26  
October 17  
October 31  
November 7  
November 21  
December 5  
January 16  
January 30  
February 6  
February 20

#### SATURDAY:

November 16

### Halifax CHT

6080 Young Street

#### THURSDAY:

September 12  
September 26  
October 10  
October 24  
November 14  
December 12  
January 16  
January 30  
February 13  
February 27

#### SATURDAY:

November 30

## Personal Wellness Profile — Yearly Follow-Up

A follow up session for those who have attended two or more personal wellness profile sessions and it has been at least one year since your last session. Call 460-4560 to book an appointment.

## Community Health Team Drop-In

For people who have attended a CHT program and would like extra support with their goals to achieve better health. See below for dates and locations. Drop by anytime between 8:30-10:00 am on the following Fridays.

### Bedford/Sackville CHT

Bedford Place Mall

September 20  
October 18  
November 15  
December 13  
January 17  
February 14

### Chebucto CHT

Community Wellness Centre

September 27  
October 25  
November 29  
December 13  
January 31  
February 28

### Dartmouth CHT

58 Tacoma Drive

September 20  
October 18  
November 15  
December 20  
January 17  
February 21

### Halifax CHT

6080 Young Street

September 6  
October 11  
November 1  
December 6  
January 3  
February 7





# REDUCING YOUR HEALTH RISKS

## 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 discover other great tips.

Thursday – October 3	6:00 - 8:00 pm	Dartmouth CHT – Tacoma Drive
Monday – October 7	1:30 - 3:30 pm	Halifax – TEAM Work Cooperative
Friday – October 11	9:30 - 11:30 am	Bedford/Sackville CHT – Bedford Place Mall
Tuesday – October 15	6:30 - 8:30 pm	Clayton Park – Keshen Goodman Public Library
Wednesday – December 4	10:00 am - noon	Halifax Central Library
Wednesday – January 22	6:00 - 8:00 pm	Spryfield – Captain William Spry Library
Tuesday – February 25	1:30 - 3:30 pm	Bedford/Sackville CHT – Bedford Place Mall
Friday – February 28	10:00 am - noon	Eastern Passage – Tallahassee Community Centre

## Heart Healthy Living 2-week program

Are you interested in improving your heart health? A great place to start is understanding what your cholesterol and blood pressure numbers mean and learn ways to improve them. Join us to discover how healthy eating and other lifestyle changes can help to improve your cholesterol and blood pressure.

Thursdays – September 19 & 26	1:00 - 3:00 pm	Spryfield – Community Wellness Centre
Mondays – September 23 & 30	6:00 - 8:00 pm	Lower Sackville – Memory Lane Family Place
Thursdays – October 17 & 24	1:30 - 3:30 pm	Halifax CHT – Young Street
Tuesdays – October 22 & 29	10:00 am - noon	Dartmouth CHT – Tacoma Drive
Thursdays – January 16 & 23	1:30 - 3:30 pm	Dartmouth – Woodlawn Library
Fridays – January 17 & 24	9:30 - 11:30 am	Fall River – Gordon R. Snow Community Centre
Wednesdays – February 5 & 12	6:00 - 8:00 pm	Halifax CHT – Young Street
Fridays – February 21 & 28	10:00 am - noon	Spryfield – Community Wellness Centre

## 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.

Monday – September 23	1:00 - 3:30 pm	Dartmouth CHT – Tacoma Drive
Thursday – October 10	1:30 - 4:00 pm	Hatchet Lake – Prospect Road Community Centre
Tuesday – October 29	5:30 - 8:00 pm	Halifax – Northwood Manor Meeting Space
Tuesday – November 5	6:00 - 8:30 pm	Bedford/Sackville CHT – Bedford Place Mall
Wednesday – November 27	9:30 am - noon	Lawrencetown – Good Shepherd Church
Monday – January 6	1:00 - 3:30 pm	Halifax CHT – Young Street
Tuesday – January 21	1:00 - 3:30 pm	Dartmouth CHT – Tacoma Drive
Tuesday – February 11	5:30 - 8:00 pm	Spryfield – Community Wellness Centre
Monday – February 24	9:30 am - noon	Bedford/Sackville CHT – Bedford Place Mall





## Understand Pain 2-week program

This two-week 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.

Mondays — September 16 & 23	10:00 am - noon	Dartmouth North Community Centre
Mondays — September 23 & 30	2:00 - 4:00 pm	Spryfield – Community Wellness Centre
Tuesdays — November 12 & 19	6:30 - 8:30 pm	Halifax – Northwood Manor Meeting Space
Wednesdays — November 20 & 27	6:30 - 8:30 pm	Bedford Public Library
Mondays — January 13 & 20	1:30 - 3:30 pm	Halifax – Bethany United Church
Mondays — January 20 & 27	9:30 - 11:30 am	Lower Sackville – Sackville Heights Community Centre
Wednesdays — January 22 & 29	1:30 - 3:30 pm	Dartmouth CHT – Tacoma Drive
Fridays — February 14 & 21	10:00 am - noon	Spryfield – Community Wellness Centre

## Small Steps, Big Success!

Explore what motivates you and what stops you from making health changes as well as develop a plan to help you achieve your goal.

Tuesday – October 1	3:00 - 4:00 pm	Halifax – Northwood Manor Meeting Space
Wednesday – October 9	7:00 - 8:00 pm	Dartmouth – Cole Harbour Library
Tuesday – October 29	1:30 - 2:30 pm	Middle Sackville – Vineyard Ministry Center
Thursday – November 14	6:30 - 7:30 pm	Hubbards – J.D. Shatford Public Library
Wednesday – January 15	10:00 - 11:00 am	Halifax – Bayers Westwood Family Resource Centre
Wednesday – January 15	10:30 - 11:30 am	Dartmouth CHT – Tacoma Drive
Friday – January 17	10:00 - 11:00 am	Spryfield – Community Wellness Centre
Friday – January 31	10:00 - 11:00 am	Bedford/Sackville CHT – Bedford Place Mall

# FOOD, NUTRITION & WEIGHT MANAGEMENT



NEW

## Eat Well, Age Well 2-week program

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. It's never too early or too late to make changes towards a healthier you!

Tuesdays — September 17 & 24	1:30 - 3:00 pm	Dartmouth CHT – Tacoma Drive
Fridays — September 20 & 27	10:00 - 11:30 am	Spryfield – Community Wellness Centre
Fridays — October 18 & 25	10:30 am - noon	Sackville Public Library
Tuesdays — December 3 & 10	9:30 - 11:00 am	Halifax CHT – Young Street
Tuesdays — January 14 & 21	10:00 - 11:30 am	Fall River – St. John's United Church
Thursdays — January 16 & 23	1:00 - 2:30 pm	Hubbards – J.D. Shatford Public Library
Thursdays — January 16 & 23	1:30 - 3:00 pm	Halifax CHT – Young Street
Fridays — February 21 & 28	10:00 - 11:30 am	Dartmouth CHT – Tacoma Drive



# FOOD, NUTRITION & WEIGHT MANAGEMENT



*"Your Weight Your Way was a personal journey for me toward self-established goals. Weekly, I was provided with tools, challenges and encouragement; it all helped me work toward effective SMART goal-setting, adopting new healthy habits, establishing a fitness plan, knowing serving sizes and understanding my eating triggers. I appreciate that it was presented in a non-judgemental way which encouraged self-examination and achievement." — CHT Client*

## Your Weight Your Way — A Healthier Weight for a Healthier You 12-week program

This program is for people who are trying to achieve or maintain a healthy weight. Under the guidance of health care professionals, you will take part in a group based program that aims to help you make permanent lifestyle changes. You will learn about how nutrition, physical activity, emotions, behaviours, and the environment affect your health. Please call for more information. **A participant screening form is required at least 10 business days before the program start date.**

Mondays — Sept 16 - Dec 16	1:30 - 3:30 pm	Halifax CHT – Young Street
Wednesdays — Sept 18 - Dec 4	1:30 - 3:30 pm	Spryfield – Community Wellness Centre
Wednesdays — Sept 18 - Dec 4	1:30 - 3:30 pm	Dartmouth CHT – Tacoma Drive
Thursdays — Sept 19 - Dec 5	1:30 - 3:30 pm	Bedford/Sackville CHT – Bedford Place Mall
Mondays — Jan 13 - Apr 6	1:30 - 3:30 pm	Dartmouth CHT – Tacoma Drive

## Holiday Eating Survival Guide

Learn strategies on how to eat better and stay active over the holidays, including mindful eating, making better food choices and ways to make your favorite recipes healthier.

Tuesday – November 19	6:30 - 8:00 pm	Dartmouth – Woodlawn Library
Tuesday – November 26	6:30 - 8:00 pm	Sackville Public Library
Tuesday – December 3	1:30 - 3:00 pm	Spryfield – Community Wellness Centre
Friday – December 13	10:00 - 11:30 am	Halifax Central Library

## Discovering Your Best Weight 4-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 help you achieve your best weight while living the healthiest lifestyle you can truly enjoy.

Tuesdays — October 8 - 29	9:30 - 11:30 am	Bedford/Sackville CHT – Bedford Place Mall
Tuesdays — Oct 15 - Nov 5	6:00 - 8:00 pm	Dartmouth CHT – Tacoma Drive
Mondays — January 6 - 27	1:30 - 3:30 pm	Bedford – Northwood (Ivany Place)
Tuesdays — January 7 - 28	6:00 - 8:00 pm	Halifax Central Library
Wednesdays — Jan 15 - Feb 5	2:00 - 4:00 pm	Spryfield – Community Wellness Centre

## Craving Change 4-week program

Would you like to know why you eat the way you do? How to comfort yourself without food? Learn some tips to change your thinking to change your eating!

Fridays — Oct 25 - Nov 15	10:00 am - noon	Dartmouth CHT – Tacoma Drive
Wednesdays — November 6 - 27	1:30 - 3:30 pm	Halifax CHT – Young Street
Thursdays — Jan 16 - Feb 6	6:00 - 8:00 pm	Bedford/Sackville CHT – Bedford Place Mall
Tuesdays — Jan 21 - Feb 11	6:00 - 8:00 pm	Spryfield – Community Wellness Centre



## Making the Most of Your Food Dollar 2-week program

Learn how to get more value and nutrition from your food dollar at home, in the grocery store, and in your community. You will receive recipes and resources to help you organize, plan and prepare healthy low cost dishes. There is no cooking in this program.

Thursdays — October 10 & 17	2:00 - 4:00 pm	Dartmouth – Alderney Library
Tuesdays — November 19 & 26	9:30 - 11:30 am	Bedford/Sackville CHT – Bedford Place Mall
Thursdays — November 21 & 28	9:30 - 11:30 am	Halifax – Community YMCA
Fridays — November 22 & 29	1:00 - 3:00 pm	Spryfield – Rockingstone Heights School
Wednesdays — January 8 & 15	2:00 - 4:00 pm	Halifax – NSCC, Leeds Street
Tuesdays — February 4 & 11	1:30 - 3:30 pm	Bedford/Sackville CHT – Bedford Place Mall

## Is it Just Me? Why is Change so Hard! – Weight Management

We get lots of good advice on what we need to change to be healthier. Yet, most of us still don't make changes to our lifestyles. Why? In today's world it is hard work to make healthy behaviour a priority. This group session will help you explore how ready you are to make lifestyle changes and provide support as you work toward change. **This program is for those who have previously attended a CHT weight management session/program.**

Wednesday – January 29	10:00 am - noon	Dartmouth CHT – Tacoma Drive
Thursday – January 30	2:00 - 4:00 pm	Spryfield – Community Wellness Centre
Monday – February 3	9:30 - 11:30 am	Halifax CHT – Young Street
Tuesday – February 25	9:30 - 11:30 am	Bedford/Sackville CHT – Bedford Place Mall

## Explore the Mediterranean Diet

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.

Tuesday – September 17	6:00 - 8:00 pm	Sackville Public Library
Tuesday – October 1	1:00 - 3:00 pm	Halifax Central Library
Thursday – October 17	6:30 - 8:30 pm	Hubbards – J.D. Shatford Public Library
Friday – October 18	1:30 - 3:30 pm	Dartmouth – Cole Harbour Library
Wednesday – November 6	9:30 - 11:30 am	Fall River – Gordon R. Snow Community Centre
Friday – December 6	10:00 am - noon	Fairview Family Resource Centre
Monday – December 9	1:30 - 3:30 pm	Dartmouth CHT – Tacoma Drive
Wednesday – February 12	6:30 - 8:30 pm	Tantallon Public Library
Thursday – February 13	1:00 - 3:00 pm	Clayton Park – Keshen Goodman Public Library
Thursday – February 13	1:30 - 3:30 pm	Bedford/Sackville CHT – Bedford Place Mall
Tuesday – February 18	6:00 - 8:00 pm	Dartmouth CHT – Tacoma Drive
Monday – February 24	9:30 - 11:30 am	Halifax CHT – Young Street







# FOOD, NUTRITION & WEIGHT MANAGEMENT

## Fat, Sugar, Salt

Are you confused by the many different things you hear about fat, sugar, and salt? You're not alone! Come and learn the real science on these hot nutrition topics.

Tuesday – September 24	6:00 - 8:00 pm	Dartmouth CHT – Tacoma Drive
Tuesday – September 20	9:30 - 11:30 am	Bedford/Sackville CHT – Bedford Place Mall
Wednesday – October 2	6:00 - 8:00 pm	Spryfield – Captain William Spry Public Library
Thursday – October 3	1:30 - 3:30 pm	Halifax – Bethany United Church
Friday – November 1	1:30 - 3:30 pm	Dartmouth – Cole Harbour Library
Monday – December 2	1:30 - 3:30 pm	Bedford/Sackville CHT – Bedford Place Mall
Tuesday – January 14	2:00 - 4:00 pm	Spryfield – Community Wellness Centre
Wednesday – January 22	10:00 am - noon	Dartmouth CHT – Tacoma Drive
Tuesday – February 25	10:00 am - noon	Halifax Central Library
Thursday – February 27	1:30 - 3:30 pm	Bedford/Sackville CHT – Bedford Place Mall

## 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! Join us to learn more.

Wednesday – September 11	1:00 - 3:00 pm	Tantallon Public Library
Monday – September 30	6:00 - 8:00 pm	Dartmouth CHT – Tacoma Drive
Thursday – November 14	6:30 - 8:30 pm	Halifax North Memorial Library
Wednesday – November 20	1:30 - 3:30 pm	Middle Sackville – Vineyard Ministry Centre
Thursday – February 6	9:30 - 11:30 am	Bedford/Sackville CHT – Bedford Place Mall
Thursday – February 6	2:00 - 4:00 pm	Spryfield – Community Wellness Centre
Tuesday – February 11	2:00 - 4:00 pm	Halifax – NSCC, Leeds Street
Thursday – February 27	1:30 - 3:30 pm	Dartmouth – Cole Harbour Library

## Be Good to Your Gut

Did you know good health starts in your gut? A healthy gut is at the core of overall wellness. Learn how your digestive system works, the role of your gut bacteria, and how to feed your gut for good health.

Tuesday – October 1	1:30 - 3:30 pm	Dartmouth CHT – Tacoma Drive
Tuesday – October 15	2:30 - 4:30 pm	Bedford Public Library
Thursday – November 7	1:30 - 3:30 pm	Halifax CHT – Young Street
Monday – November 18	2:00 - 4:00 pm	Clayton Park – Grace Chapel
Monday – December 2	1:30 - 3:30 pm	Dartmouth CHT – Tacoma Drive
Friday – December 6	9:30 - 11:30 am	Beaver Bank Kinsac Community Centre
Tuesday – January 28	9:30 - 11:30 am	Bedford/Sackville CHT – Bedford Place Mall
Tuesday – February 4	6:00 - 8:00 pm	Halifax Central Library
Friday – February 7	10:00 am - noon	Fairview Family Resource Centre
Thursday – February 13	6:30 - 8:30 pm	Halifax North Memorial Library
Wednesday – February 19	6:30 - 8:30 pm	Dartmouth – Cole Harbour Library





## Food for One or Two 2-week program

Get inspired to start cooking healthy meals for one or two at home! You will get quick, easy recipes and resources for one or two people. There will be no cooking in this program.

Thursdays — September 19 & 26	1:30 - 3:00 pm	Halifax CHT – Young Street
Thursdays — October 17 & 24	6:00 - 7:30 pm	Bedford/Sackville CHT – Bedford Place Mall
Mondays — Oct 28 & Nov 4	10:00 - 11:30 am	Dartmouth CHT – Tacoma Drive
Mondays — Nov 25 & Dec 2	6:00 - 7:30 pm	Timberlea – Lakeside Community Centre
Fridays — January 17 & 24	9:30 - 11:00 am	Halifax CHT – Young Street
Mondays — February 3 & 10	1:30 - 3:00 pm	Fall River – Gordon R. Snow Community Centre
Wednesdays — February 5 & 12	10:00 - 11:30 am	Dartmouth CHT – Tacoma Drive
Thursdays — February 20 & 27	1:30 - 3:00 pm	Spryfield – Community Wellness Centre

## What's New with Canada's Food Guide?

The new Canada's Food Guide is finally here! Are you curious about what has changed and why? Come see what a healthy plate looks like and how healthy eating is more than just the foods you eat.

Thursday – September 12	2:00 - 4:00 pm	Halifax Central Library
Monday – September 16	1:00 - 3:00 pm	Clayton Park – Keshen Goodman Public Library
Friday – September 20	10:00 am - noon	Eastern Passage – Tallahassee Community Centre
Wednesday – September 25	2:30 - 4:30 pm	Bedford Public Library
Friday – October 18	10:00 am - noon	Fairview Family Resource Centre
Monday – November 25	10:00 am - noon	Dartmouth North Community Centre
Monday – January 13	9:30 - 11:30 am	Halifax CHT – Young Street
Monday – February 10	10:00 am - noon	Dartmouth CHT – Tacoma Drive
Thursday – February 20	1:30 - 3:30 pm	Bedford/Sackville CHT – Bedford Place Mall

# PHYSICAL ACTIVITY



*"This program was very helpful. The team was caring and knowledgeable. My mobility improved greatly and this program gave me the incentive to keep moving." — CHT Client*

## Low Intensity 10-Week Exercise Program

Does a chronic health condition limit you physically? Are you unable to walk more than 15 minutes without a break? If so, this program is for you. Two physiotherapists will teach you how to safely walk at your own pace. They will also show you strengthening exercises, balance exercises, and stretching.

Call 902-460-4560 for more information.

Monday and Wednesday	afternoons	Lower Sackville – Knox United Church
Tuesday and Thursday	mornings	Clayton Park – Canada Games Centre
Tuesday and Thursday	afternoons	East Dartmouth Community Centre
Tuesday and Thursday	afternoons	Halifax – St. Antonios Community & Cultural Centre



# PHYSICAL ACTIVITY

## Scheduling Physical Activity Into Your Work Day!

Is it hard to fit physical activity into your work day? You are not alone! Join us to learn easy ideas to improve your daily activity level. There will be no physical activity in this program.

Thursday – October 10	6:30 - 8:00 pm	Mount Uniacke – Uniacke District School
Monday – October 21	6:00 - 7:30 pm	Timberlea – Lakeside Community Centre
Wednesday – January 8	6:00 - 7:30 pm	Halifax CHT – Young Street

## Don't Hibernate. Participate!

Does your exercise routine tend to “cool off” with the temperatures? Join the Community Health Team to learn how to stay motivated all year long. We will discuss safe exercise and injury prevention in winter.

Monday – October 7	1:30 - 3:30 pm	Tantallon – St. Margaret's Centre
Monday – October 21	2:00 - 4:00 pm	Halifax Central Library
Monday – November 4	1:30 - 3:30 pm	Dartmouth CHT – Tacoma Drive
Wednesday – December 11	9:30 - 11:30 am	Halifax – Bayers Westwood Family Resource Centre
Friday – January 17	2:00 - 4:00 pm	Sackville Public Library

## Move to Improve

Do you live with a chronic health condition and have a low fitness level? This 10-week program is delivered in collaboration with the Canada Games Centre and Cole Harbour Place. To qualify, you should have a chronic health condition, low fitness level, be able to walk for 20 minutes without stopping, and able to get up and down from the floor without assistance. **A physical activity screen must be completed 2 weeks before the program starts. Please call 902-460-4560 for more information.**

Mondays & Wednesdays September 30 - December 11 (No class on Oct 14 or Nov 11)	1:00 - 2:00 pm	Clayton Park – Canada Games Centre
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Mondays & Wednesdays September 30 - December 11 (No class on Oct 14 or Nov 11)	1:00 - 2:00 pm	Dartmouth – Cole Harbour Place
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## The Truth About Weight and Exercise 2-week program

Will being active help me to lose weight? A physiotherapist will help you learn the facts about weight loss and exercise. In this 2-week program, you will learn the importance of physical activity in long-term weight loss and maintenance. **You will not exercise in this program.**

Fridays – September 20 & 27	10:00 am - noon	Dartmouth CHT – Tacoma Drive
Fridays – October 11 & 18	10:00 am - noon	Spryfield – Community Wellness Centre
Wednesdays – October 23 & 30	6:00 - 8:00 pm	Halifax CHT – Young Street
Wednesdays – January 8 & 15	1:30 - 3:30 pm	Dartmouth CHT – Tacoma Drive
Mondays – February 3 & 10	2:00 - 4:00 pm	Tantallon – St. Margaret's Centre
Mondays – February 3 & 10	6:00 - 8:00 pm	Bedford – Northwood (Ivany Place)





## Ready, Set, Move

*Take the whole 4-week series or the sessions that interest you!*

Join your Community Health Team physiotherapist to learn about four types of physical activity. **A participant physical activity screen is required for sessions 1, 2, and 3.** Drop in no later than 5 business days before the program start date to complete this form.

### SESSION 1: Introduction to Cardio Workshop

Learn the current Canadian Guidelines for how much exercise you need to improve your health. We will practice simple techniques to increase your heart rate with no equipment. We will also learn how to exercise safely. We will share free and low cost physical activity resources in your community.

Tuesday – September 24	1:30 - 3:30 pm	Spryfield – Community Wellness Centre
Tuesday – October 8	6:00 - 8:00 pm	Lucasville – Wallace Lucas Community Centre
Wednesday – October 9	6:00 - 8:00 pm	Dartmouth CHT – Tacoma Drive
Friday – November 1	9:30 - 11:30 am	Bedford/Sackville CHT – Bedford Place Mall
Wednesday – November 6	9:30 - 11:30 am	Halifax CHT – Young Street
Tuesday – January 7	2:30 - 4:30 pm	Bedford Public Library
Wednesday – February 5	1:30 - 3:30 pm	Dartmouth CHT – Tacoma Drive
Wednesday – February 5	1:30 - 3:30 pm	Halifax CHT – Young Street
Wednesday – February 5	2:00 - 4:00 pm	Spryfield – Community Wellness Centre

### SESSION 2: Strengthening and Core Stability Workshop

Learn how strengthening exercises can benefit your health. You will learn about safe ways to do these exercises and the importance of core strength. We will practice a strength training program with resistance bands. You can then try these exercises at home.

Tuesday – October 1	1:30 - 3:30 pm	Spryfield – Community Wellness Centre
Tuesday – October 15	6:00 - 8:00 pm	Lucasville – Wallace Lucas Community Centre
Wednesday – October 16	6:00 - 8:00 pm	Dartmouth CHT – Tacoma Drive
Friday – November 8	9:30 - 11:30 am	Bedford/Sackville CHT – Bedford Place Mall
Wednesday – November 13	9:30 - 11:30 am	Halifax CHT – Young Street
Tuesday – January 14	2:30 - 4:30 pm	Bedford Public Library
Thursday – January 16	1:00 - 3:00 pm	Clayton Park – Keshen Goodman Public Library
Wednesday – February 12	1:30 - 3:30 pm	Dartmouth CHT – Tacoma Drive
Wednesday – February 12	1:30 - 3:30 pm	Halifax CHT – Young Street
Wednesday – February 12	2:00 - 4:00 pm	Spryfield – Community Wellness Centre

### SESSION 3: Stretching and Balance Workshop

Discuss the difference between stretching and range of motion exercises. You will practice safe stretching and balance techniques and learn the benefits. We will help you make an action plan.

Tuesday – October 8	1:30 - 3:30 pm	Spryfield – Community Wellness Centre
Tuesday – October 22	6:00 - 8:00 pm	Lucasville – Wallace Lucas Community Centre
Wednesday – October 23	6:00 - 8:00 pm	Dartmouth CHT – Tacoma Drive
Friday – November 15	9:30 - 11:30 am	Bedford/Sackville CHT – Bedford Place Mall
Wednesday – November 20	9:30 - 11:30 am	Halifax CHT – Young Street
Friday – November 29	10:00 am - noon	Eastern Passage – Tallahassee Community Centre
Thursday – January 16	2:00 - 4:00 pm	Dartmouth – Alderney Library



# PHYSICAL ACTIVITY

## Ready, Set, Move (Continued from Page 9)

### SESSION 3: Stretching and Balance Workshop

Discuss the difference between stretching and range of motion exercises. You will practice safe stretching and balance techniques and learn the benefits. We will help you make an action plan.

Tuesday – January 21	2:30 - 4:30 pm	Bedford Public Library
Thursday – January 23	1:00 - 3:00 pm	Clayton Park – Keshen Goodman Public Library
Wednesday – February 19	1:30 - 3:30 pm	Dartmouth CHT – Tacoma Drive
Wednesday – February 19	1:30 - 3:30 pm	Halifax CHT – Young Street
Wednesday – February 19	2:00 - 4:00 pm	Spryfield – Community Wellness Centre

### SESSION 4: Sit Less for Good Health

Join us to talk about the health effects of sitting. We will discuss simple ways to build more light physical activity into your day. (No physical activity screen required.)

Tuesday – October 15	1:30 - 3:30 pm	Spryfield – Community Wellness Centre
Wednesday – October 30	6:00 - 8:00 pm	Dartmouth CHT – Tacoma Drive
Friday – November 29	9:30 - 11:30 am	Bedford/Sackville CHT – Bedford Place Mall
Wednesday – November 27	9:30 - 11:30 am	Halifax CHT – Young Street
Wednesday – November 27	6:00 - 8:00 pm	Spryfield – Captain William Spry Public Library
Tuesday – January 28	2:30 - 4:30 pm	Bedford Public Library
Wednesday – February 26	1:30 - 3:30 pm	Dartmouth CHT – Tacoma Drive
Wednesday – February 26	1:30 - 3:30 pm	Halifax CHT – Young Street
Wednesday – February 26	2:00 - 4:00 pm	Spryfield – Community Wellness Centre



## NEW Pregnancy and Exercise

Join us to get the facts about pregnancy and exercise; from getting started to staying motivated. Learn about the health benefits of being active throughout pregnancy and get tips on how to exercise safely. Anyone is welcome.

Wednesday – October 9	6:00 - 8:00 pm	Halifax CHT – Young Street
Wednesday – October 16	1:30 - 3:30 pm	Spryfield – Chebucto Family Centre <a href="#">Childcare available</a>
Monday – November 4	9:30 - 11:30 am	Bedford/Sackville CHT – Bedford Place Mall
Tuesday – November 26	6:00 - 8:00 pm	Dartmouth CHT – Tacoma Drive
Tuesday – January 28	9:30 - 11:30 am	Halifax CHT – Young Street
Tuesday – February 4	6:00 - 8:00 pm	Spryfield – Community Wellness Centre
Thursday – February 6	1:30 - 3:30 pm	Beaver Bank Kinsac Community Centre





*"My doctor introduced me to the programs at the CHT. I saw the Living with Stress program and thought I would give it a try. It was a comfortable atmosphere where I was welcome to just listen or participate when I was comfortable to do so... this class was the first stepping stone to better mental health for me. I am so thankful that this program was and still is available for me." – CHT Client*

## Discover Your Strengths

Do you know that we all have the same 24 character strengths and we express these strengths in our own individual way? We will discuss character strengths, how to discover your own strengths, and learn the benefits of using your strengths in life situations.

Thursday – September 26	6:00 - 8:00 pm	Bedford/Sackville CHT – Bedford Place Mall
Tuesday – October 8	1:30 - 3:30 pm	Spryfield – Community Wellness Centre
Tuesday – October 15	2:00 - 4:00 pm	Halifax – NSCC, Leeds Street
Monday – October 21	10:00 am - noon	Dartmouth CHT – Tacoma Drive
Tuesday – December 3	1:30 - 3:30 pm	Halifax – TEAM Work Cooperative
Wednesday – January 15	1:30 - 3:30 pm	Spryfield – Chebucto Family Centre <a href="#">Childcare available</a>
Tuesday – January 28	1:30 - 3:30 pm	Dartmouth CHT – Tacoma Drive
Tuesday – January 28	6:00 - 8:00 pm	Spryfield – Community Wellness Centre
Tuesday – February 4	9:30 - 11:30 am	Bedford/Sackville CHT – Bedford Place Mall

## First Things First: Time Management

Would you like to learn tips and tools to help achieve a better life balance? Join us to identify your current time management strategies, learn additional time management tools, and how to create a goal using time management skills.

Tuesday – September 24	2:00 - 4:00 pm	Halifax – NSCC, Leeds Street
Tuesday – September 24	6:30 - 8:30 pm	Dartmouth – Woodlawn Library
Thursday – October 17	1:30 - 3:30 pm	Hatchet Lake – Prospect Road Community Centre
Wednesday – October 23	6:30 - 8:30 pm	Tantallon Public Library
Monday – November 18	10:00 am - noon	Dartmouth – Parents & Children Together (PACT) <a href="#">Limited childcare available</a>
Monday – January 13	9:30 - 11:30 am	Bedford/Sackville CHT – Bedford Place Mall
Monday – January 20	1:30 - 3:30 pm	Halifax – TEAM Work Cooperative

## How to Speak Assertively 4-week program

We will discuss the connection between communication and health in this 4 week program. You will learn skills to communicate your needs, thoughts, and feelings in a straightforward, honest, open, and calm way by participating in discussions, group activities, and at-home practice.

Tuesdays – November 5 - 26	10:00 am - noon	Dartmouth CHT – Tacoma Drive
Thursdays – November 7 - 28	6:00 - 8:00 pm	Bedford/Sackville CHT – Bedford Place Mall
Thursdays – Nov 21 - Dec 12	10:00 am - noon	Spryfield – Community Wellness Centre
Tuesdays – January 7 - 28	6:00 - 8:00 pm	Halifax CHT – Young Street
Thursdays – February 6 - 27	2:00 - 4:00 pm	Hatchet Lake – Prospect Road Community Centre
Fridays – February 7 - 28	9:30 - 11:30 am	Bedford/Sackville CHT – Bedford Place Mall



# EMOTIONAL WELLNESS

NEW

## Is it Just Me? Why is Change so Hard! – Mental Well-Being

We get lots of good advice on what we need to change to be healthier. Yet, most of us still don't make changes to our lifestyles. Why? In today's world it is hard work to make healthy behaviour a priority. This group session will help you explore how ready you are to make lifestyle changes and provide support as you work toward change. **This is for those who have previously attended the Take Charge of Your Stress or Speak Assertively programs.**

Friday – November 29	10:00 am - noon	Dartmouth CHT – Tacoma Drive
Tuesday – February 11	1:30 - 3:30 pm	Halifax CHT – Young Street
Wednesday – February 12	2:00 - 4:00 pm	Spryfield – Community Wellness Centre
Thursday – February 27	9:30 - 11:30 am	Bedford/Sackville CHT – Bedford Place Mall

## 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.

Tuesdays — October 8 - 29	1:30 - 3:30 pm	Halifax – Local Council of Women
Mondays — Oct 28 - Nov 25 (no class November 11)	1:30 - 3:30 pm	Bedford – Northwood (Ivany Place)
Tuesdays — Oct 29 - Nov 19	6:00 - 8:00 pm	Clayton Park – Keshen Goodman Public Library
Wednesdays — November 6 - 27	6:00 - 8:00 pm	Dartmouth CHT – Tacoma Drive
Wednesdays — January 8 - 29	1:30 - 3:30 pm	Lucasville – Wallace Lucas Community Centre
Mondays — Jan 27 - Feb 24 (no class February 17)	10:00 am - noon	Spryfield – Community Wellness Centre
Tuesdays — February 4 - 25	1:30 - 3:30 pm	Dartmouth CHT – Tacoma Drive
Wednesdays — February 5 - 26	9:30 - 11:30 am	Halifax CHT – Young Street

## Mental Health First Aid Canada – Adults Interacting with Youth 4-week program (IWK)

Mental Health First Aid is health provided to a person developing a mental health problem or experiencing a mental health crisis. To become a Mental Health First Aider and receive a certificate of completion, attendance at all four sessions is required.

Mondays — Sept 16 - Oct 7	9:00 am - 12:30 pm	Dartmouth CHT – Tacoma Drive
Thursdays — Jan 16 - Feb 6	5:00 - 8:30 pm	Halifax – Local Council of Women

## Introduction to Take Charge of Your Stress

Learn about stress, explore how you experience stress, and practice skills you can use to reduce stress symptoms. Also learn how to make a plan to manage your stress.

Monday – October 21	6:00 - 8:00 pm	Lower Sackville – Memory Lane Family Place
Tuesday – October 22	2:00 - 4:00 pm	Halifax – NSCC, Leeds Street
Friday – October 25	1:30 - 3:30 pm	Spryfield – Captain William Spry Public Library
Wednesday – October 30	10:00 am - noon	Dartmouth – St. Alban's Church
Monday – January 27	10:00 am - noon	Dartmouth North Community Centre
Wednesday – January 29	1:30 - 3:30 pm	Clayton Park - Parkland
Tuesday – February 18	9:30 - 11:30 am	Halifax - Community YMCA



## Take Charge of Your Stress 4-week program

Over the 4 weeks of the program, you will learn and practice skills, while working on a plan to take charge of your stress today and in the future.

Wednesdays — Sept 18 - Oct 9	10:00 am - noon	Dartmouth CHT – Tacoma Drive
Wednesdays — Sept 18 - Oct 9	9:30 - 11:30 am	Halifax – Bayers Westwood Family Resource Centre
Thursdays — October 3 - 24	9:30 - 11:30 am	Bedford/Sackville CHT – Bedford Place Mall
Thursdays — Oct 24 - Nov 14	2:30 - 4:30 pm	Clayton Park – Canada Games Centre
Tuesdays — November 5 - 26	6:00 - 8:00 pm	Halifax Central Library
Thursdays — January 9 - 30	10:00 am - noon	Spryfield – Community Wellness Centre
Thursdays — January 9 - 30	1:30 - 3:30 pm	Bedford/Sackville CHT – Bedford Place Mall
Thursdays — Jan 23 - Feb 13	1:30 - 3:30 pm	Dartmouth CHT – Tacoma Drive

## Free Time and You: Try Something New

Do you have time and want to try something new? We will discuss how our free-time activities can positively affect our well-being and then sample a leisure activity in partnership with our local community groups. No experience necessary.

### Acoustic Song Circle:

Bring your own acoustic instrument, singing voice, or your love for music

Saturday – November 2	1:00 - 3:00 pm	Halifax Central Library
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### Chair Yoga — A physical activity screen is required to be completed by November 4, 2019

Monday – November 18	9:30 - 11:30 am	Sackville Heights Community Centre
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### Come try Pickleball!

Tuesday – September 24 (rain date October 1)	1:30 - 3:30 pm	Spryfield – Leiblin Park Pickleball Court
Thursday – September 26	1:30 - 3:30 pm	Eastern Passage – Tallahassee Community Centre





# PARENTING

**PARENTS:** Please have your child's health card number on hand when you are calling to register for parenting programs.

## Parent Wellness Series 4-week program (IWK)

The first two weeks of this program begin with "My Child is Anxious. Should I worry?" (see above); a 2-week program to help parents learn to identify early signs of anxious feelings in their children and skills to help them manage everyday anxiety. The next two weeks focus on adult stress and adult sleep concerns and their impact on parenting. [Registration for all 4 sessions is required. Childcare is available.](#)

Thursdays — October 3 - 24	9:30 - 11:30 am	East Preston Family Resource Centre
Fridays — January 10 - 31	10:00 am - noon	Fairview Family Resource Centre

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

Learn how to identify early signs of anxious feelings in your children and skills to help them manage everyday anxiety.

Tuesdays — Sept 24 & Oct 1	6:00 - 8:00 pm	Sambro Elementary School
Tuesdays — November 19 & 26	9:30 - 11:30 am	Halifax CHT – Young Street
Tuesdays — January 21 & 28	6:30 - 8:30 pm	Bedford – Northwood (Ivany Place)

## Incredible Years 12-Week Parenting Program (IWK)

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. [Childcare is available.](#)

Tuesdays — Sept 24 - Dec 10	6:00 - 8:00 pm	Lower Sackville – Boys & Girls Club
Thursdays — Sept 26 - Dec 12	6:30 - 8:30 pm	Halifax – Veith House
Thursdays — Nov 7 - Feb 6 (No class on Dec 26 or Jan 2)	6:00 - 8:00 pm	East Dartmouth Community Centre
Tuesdays — Jan 14 - Apr 7 (No class on March 17)	6:30 - 8:30 pm	Spryfield – YMCA
Wednesdays — Jan 15 - Apr 15 (No class on Mar 18 & 25)	6:00 - 8:00 pm	Lower Sackville – Boys & Girls Club

## Incredible Years 14-Week Pre-School Parenting Program (IWK)

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. [Childcare is available.](#)

Wednesdays — Sept 18 - Dec 18	9:30 - 11:30 am	Spryfield – Chebucto Family Centre
Thursdays — Feb 20 - May 28 (No class on April 2)	6:00 - 8:00 pm	Dartmouth Child Development Centre



*"Incredible Years was more than both my husband and I expected. We valued the simple yet incredibly effective approach of this program and my children certainly benefited from our weekly homework assignments! We still have IY notes stuck to our fridge as friendly reminders when we are having a tough parenting day!" — CHT Client*





## Parenting Your Teenager – Walking the Middle Path (In collaboration with IWK Mental Health)

Learn to better understand your teen, improve communication, and help your family run more smoothly.

Saturday – November 23	9:00 am - 4:30 pm	Lower Sackville – Sackville Heights Community Centre
Saturday – February 1	9:00 am - 4:30 pm	Fairview Family Resource Centre

## Handle with Care 6-week program (IWK)

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

Thursdays — Oct 17 - Nov 21	9:30 - 11:30 am	Lower Sackville – Memory Lane Family Place
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# 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.**

## Advance Care Planning and Personal Directives

— Inspired COPD Outreach Program, Nova Scotia Health Authority

Explore what advance care planning is and what to include when creating a personal directive.

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

Thursday – September 19	1:00 - 3:00 pm	Dartmouth CHT – Tacoma Drive
Wednesday – October 30	1:00 - 3:00 pm	Bedford/Sackville CHT – Bedford Place Mall
Thursday – November 21	1:00 - 3:00 pm	Halifax CHT – Young Street

## Beginners Yoga 4-Week Program — Halifax Yoga

Explore the power and strength in your body as you discover the healing practice of yoga. Limited mats available. **Registration is on a first-come, first-served basis the first day of each 4-week session.**

Wednesdays — November 6 - 27	10:00 - 11:00 am	Dartmouth CHT – Tacoma Drive
Tuesdays — February 4 - 25	10:00 - 11:00 am	Dartmouth CHT – Tacoma Drive

## Caregiver Support — Caregivers Nova Scotia Association

Do you care for a family member or friend? This peer support group offers a confidential, friendly atmosphere for you to talk with other caregivers. **Please call 902-421-7390 to register.**

Wednesdays — Sept 4, 18, Oct 2, 16, Nov 6, 20, Dec 4, 18, Jan 15, Feb 5 & 19	1:00 - 3:00 pm	East Dartmouth Community Centre
Thursdays — Sept 12, Oct 10, Nov 14, Dec 12, Jan 9, and Feb 13	2:00 - 4:00 pm	Halifax CHT – Young Street
Tuesdays — Sept 17, Oct 15, Nov 19, Dec 17, Jan 21, and Feb 18	1:00 - 3:00 pm	Spryfield – Community Wellness Centre



# PARTNER PROGRAMS

## Collaborative Family Law (CFL): A Healthier Way for Couples to Separate/Divorce

— The Association of Collaborative Family Law Professionals of Nova Scotia

Learn how the collaborative team – legal, mental health, and financial professionals – help couples through the process of separation to achieve solutions a court may not consider. [No need to register.](#)

Wednesday – September 25	6:30 - 8:00 pm	Bedford/Sackville CHT – Bedford Place Mall
Wednesday – October 16	6:30 - 8:00 pm	Halifax CHT – Young Street
Wednesday – October 23	1:00 - 2:30 pm	Bedford/Sackville CHT – Bedford Place Mall
Thursday – November 28	6:30 - 8:00 pm	Dartmouth CHT – Tacoma Drive
Tuesday – January 14	1:00 - 2:30 pm	Dartmouth CHT – Tacoma Drive
Wednesday – January 22	1:00 - 2:30 pm	Halifax CHT – Young Street

## Connections That Work

— The Public Good Society

If you are looking for employment, education or housing assistance in Dartmouth, Community Outreach Facilitator Kevin Little may be able to help. [Make an appointment by calling 902-476-0785.](#)

## Coping with Anxiety

— Dartmouth Mental Health, Nova Scotia Health Authority

Learn about the nature and cause of anxiety and get an overview of anxiety disorders and treatment options offered by your community mental health services. [No registration is required.](#)

Monday – November 18	2:00 - 4:00 pm	Dartmouth CHT – Tacoma Drive
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## Chronic Pain Self-Help Support Group

— Metro Pain Pals

The goal of this group is to share positive coping skills for chronic pain sufferers: share, socialize, contribute and receive support. [Email therese@chebucto.ns.ca](mailto:therese@chebucto.ns.ca) or call 902-435-3456.

Mondays — Sept 9, Oct 7, Nov 4, Dec 2, Jan 13, and Feb 10	6:30 - 8:30 pm	Dartmouth CHT – Tacoma Drive
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## Canada Pension Plan & Old Age Security Information Session

— Citizen Services & Physical Delivery Branch — Atlantic Region Service Canada

Come learn about the Canada Pension Plan (CPP) and Old Age Security (OAS) programs. Also learn about the Guaranteed Income Supplement (GIS) allowance and survivor allowance. [No registration required.](#)

Wednesday – September 18	6:00 - 8:00 pm	Bedford/Sackville CHT – Bedford Place Mall
Thursday – September 26	1:00 - 3:00 pm	Dartmouth CHT – Tacoma Drive
Thursday – October 3	1:30 - 3:30 pm	Spryfield – Community Wellness Centre

## Family Caregiver Education Series

— Alzheimer Society of Nova Scotia

The series is for people caring for family members recently diagnosed with dementia. It provides information and strategies for families' changing needs. [Call Heather at 902-422-7961 ext. 243 to register.](#)

Wednesdays — Sept 11 - Oct 16	1:00 - 3:00 pm	Bedford/Sackville CHT – Bedford Place Mall
Thursdays — Oct 31 - Dec 5	1:00 - 3:00 pm	Dartmouth CHT – Tacoma Drive

## Nova Scotia Legal Aid

You can apply to Nova Scotia Legal Aid for advice and/or assistance if you have legal issues related to one of the following areas: Income Assistance, Canada Pension Plan Disability, Landlord/Tenant, and Employment Insurance. [To book an appointment in Dartmouth, please contact 902-420-3464. Appointments are available on alternate Tuesdays beginning September 3, from 9:00 am - noon.](#)

# PARTNER PROGRAMS



**Families Matter in Mental Health 11-Week Program** — Schizophrenia Society of NS in partnership with NSHA Mental Health & Addiction Program — Community Mental Health Services, NSHA

The program goal is to provide families and friends with the support, knowledge and skills they need to better understand the illness and how they can effectively support the person while caring for themselves. [To register, contact Donna Methot at 902-880-7379.](#)

Tuesdays — Sept 17 - Nov 26	6:00 - 8:00 pm	Halifax CHT – Young Street
Tuesdays — Sept 17 - Nov 26	6:00 - 8:00 pm	East Dartmouth Community Centre

## Meditation Series — Sahaja Yoga

Group meditation series: we will explore methods to achieve instant balance, peace and connection with your own inner energy. Please wear comfortable loose fitting clothing. This is not a physical type of yoga. [Call Azin Mehrjou at \[azin.mehrjou@hotmail.com\]\(mailto:azin.mehrjou@hotmail.com\) to register.](#)

Thursdays — Sept 5 - Feb 27	7:00 - 8:30 pm	Halifax CHT – Young Street
Sundays — Sept 8 - Feb 23	6:00 - 7:30 pm	Dartmouth CHT – Tacoma Drive

## Financially Fit for the Holidays — Credit Counselling Services of Atlantic Canada

Join Credit Counselling Services of Atlantic Canada to discuss ways of managing your holiday spending and minimizing the holiday debt hangover. [For more information contact Tamara Kelly at 888-753-2227 ext. 219.](#)

Thursday – November 14	10:00 - 11:00 am	Spryfield – Community Wellness Centre
Thursday – November 21	9:30 - 11:30 am	Bedford/Sackville CHT – Bedford Place Mall

## Geriatric Navigator — Nova Scotia Health Authority

The Dartmouth Geriatric Navigator provides functional assessments and assistance connecting health care and community supports for seniors aged 65 + residing in Dartmouth and area. [Call 902-465-8446.](#)

## Introduction to Taoist Tai Chi — Certified Taoist Tai Chi Instructor

Taoist Tai Chi exercises the entire body gently, improves balance and circulation, and calms the mind. To register for ONE of the 2-hour introductory sessions please [email flkhalifax@gmail.com](mailto:flkhalifax@gmail.com) indicating the DATE of the session requested. Limited to a maximum of 12 participants.

Tuesdays — Sept 10, 17, 24, Oct 1, Jan 7, 14, 21 & 28	10:00 am - noon	Dartmouth CHT – Tacoma Drive
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## Happy Feet for Life — Bedford Orthotics

Increase your awareness of common foot issues, injury prevention property footwear to have happy feet again. No registration required.

Wednesday – October 2	6:30 - 8:00 pm	Bedford/Sackville CHT – Bedford Place Mall
Monday – October 7	1:30 - 3:00 pm	Bedford/Sackville CHT – Bedford Place Mall

## I Forget. Is that O.K? Dementia — Seniors Mental Health Outreach

Come and discuss normal memory loss and ways to keep your brain healthy. We will also review types of Dementia and treatments. No registration is required. [Call 902-464-6054 for more information.](#)

Wednesday – November 13	2:00 - 3:00 pm	Bedford/Sackville CHT – Bedford Place Mall
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# PARTNER PROGRAMS

## Living with Chronic Obstructive Pulmonary Disease

— Inspired COPD Outreach Program, NSHA

Learn what COPD is and how it affects your lungs and what you can do to manage symptoms such as breathlessness. **To register call 902-719-6194 and leave your name and which session you would like to attend.**

Tuesday – September 24	1:30 - 3:00 pm	Halifax CHT – Young Street
Thursday – October 24	1:30 - 3:00 pm	Dartmouth CHT – Tacoma Drive
Thursday – November 21	1:30 - 3:00 pm	Spryfield – Community Wellness Centre
Wednesday – December 4	1:30 - 3:00 pm	Bedford/Sackville CHT – Bedford Place Mall

## Mindfulness Drop-In Practice Group — Atlantic Contemplative Centre (ACC)

Come and explore the practice of mindfulness and its benefits to health and well-being at our drop-in groups. Sessions are open to anyone interested in mindfulness practice. They include guided practice and discussion. **No registration required.**

Thursdays	noon - 1:00 pm	Bedford/Sackville CHT – Bedford Place Mall
No session December 26		
Thursdays	4:00 - 5:00 pm	Dartmouth CHT – Tacoma Drive
No session December 26		

## Multiple Sclerosis Peer Support Group — Multiple Sclerosis Society of Canada

This group provides peer support, allowing for those affected by Multiple Sclerosis. Call the MS Society at 902-468-8230 ext. 1006 for more information.

Fridays — Sept 20, Oct 18, Nov 15, Dec 20, Jan 17, and Feb 21	1:00 - 3:30 pm	Dartmouth CHT – Tacoma Drive
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## Noon Meditation — Meditate Canada/Art of Living Foundation

Experience guided meditation including introduction to various techniques, and how to practice on your own. **Three, 3-week beginner sessions offered. For information, call Yvonne Macor 902-431-011.**

Mondays — Sept 16 - Oct 7	noon - 1:00 pm	Spryfield – Community Wellness Centre
Mondays — Oct 21 - Nov 18 (except Nov 11 - make up day on Tuesday, Nov 12)	noon - 1:00 pm	Spryfield – Community Wellness Centre
Mondays — Jan 20 - Feb 10	noon - 1:00 pm	Spryfield – Community Wellness Centre

## Nutrition Label Reading Tour — Sobeys Registered Dietitian

Learn how to translate nutrition messages into real food choices, in the grocery store setting! You will tour the Tacoma Drive Sobeys aisles to practice your new label reading skills. **Register at 902-477-6159 or email [lisa.macdonald3@sobeys.com](mailto:lisa.macdonald3@sobeys.com).**

Thursday – October 10	6:00 - 8:00 pm	Dartmouth CHT – Tacoma Drive
Thursday – January 9	6:00 - 8:00 pm	Dartmouth CHT – Tacoma Drive

## Ostomy Support Group — Ostomy Halifax Society

A confidential and friendly meeting place for those affected by ostomy surgery to share experiences and coping skills. **Call Irene at 902-473-0414 to register.**

Wednesday – January 29	1:00 - 3:00 pm	Bedford/Sackville CHT – Bedford Place Mall
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# PARTNER PROGRAMS



## **Pain Management 5-Week Program** — Rehabilitation & Supportive Care Services, NSHA

This 5-week program introduces people experiencing chronic pain to strategies to better manage pain and to improve their daily functioning. [For more info and to register please contact Patti Pattenden at 902-473-5471.](#)

Tuesdays — Nov 5 - Dec 3	2:00 - 4:15 pm	Dartmouth CHT – Tacoma Drive
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## **Parent/Caregiver 101 Series** — IWK Pediatric Dietitians & Occupational Therapists

Register for one or all three sessions. [To register email janice.davis@iwk.nshealth.ca.](mailto:janice.davis@iwk.nshealth.ca)

### **BEHAVIOUR 101**

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

Tuesday – October 8	6:00 - 7:30 pm	Bedford/Sackville CHT – Bedford Place Mall
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Friday – November 1	9:30 - 11:00 am	Spryfield – Community Wellness Centre
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Tuesday – January 14	6:00 - 7:30 pm	Dartmouth CHT – Tacoma Drive
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### **MEALTIME 101**

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

Tuesday – October 15	6:00 - 7:30 pm	Bedford/Sackville CHT – Bedford Place Mall
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Friday – November 8	9:30 - 11:00 am	Spryfield – Community Wellness Centre
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Tuesday – January 21	6:00 - 7:30 pm	Dartmouth CHT – Tacoma Drive
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### **TOILETING 101**

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

Tuesday – October 22	6:00 - 7:30 pm	Bedford/Sackville CHT – Bedford Place Mall
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Friday – November 15	9:30 - 11:00 am	Spryfield – Community Wellness Centre
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Tuesday – January 28	6:00 - 7:30 pm	Dartmouth CHT – Tacoma Drive
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## **Retirement Planning** — Dalhousie University, School of Health and Human Performance

Join this retirement planning workshop, focused on (re)creating a fulfilling and happy life in retirement. You'll get to identify your needs/strengths/interests in planning for the transition to retirement. Register for 1 or all 3 sessions. [To pre-register contact Susan at 902-499-1163.](#)

Mondays — Oct 21 - Nov 4	9:30 - 11:30 am	Halifax CHT – Young Street
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Fridays — Oct 25 - Nov 8	1:30 - 3:30 pm	Bedford/Sackville CHT – Bedford Place Mall
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## **Pride Health 101** — Pride Health, NSHA

Interested in learning about LGBTIQ2+? Do you have questions you'd like answered? Come join our prideHealth 101 sessions. [No registration required. For more information contact prideHealth@nshealth.ca.](#)

Monday – September 30	5:30 - 7:00 pm	Bedford/Sackville CHT – Bedford Place Mall
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Monday – February 24	5:30 - 7:00 pm	Halifax CHT – Young Street
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Monday – October 28	5:30 - 7:00 pm	Dartmouth CHT – Tacoma Drive
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Thursday – January 30	3:00 - 4:30 pm	Spryfield – Community Wellness Centre
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# PARTNER PROGRAMS

## Scents and Sensitivity: Managing Multiple Chemical Sensitivity & Your Health — Integrated Chronic Care Service, NSHA

This is a support group for people with Multiple Chemical Sensitivity looking to learn about this chronic condition and strategies for self-management. This event is strictly scent-free. No registration required.

Thursdays — Sept 19, Oct 17, Nov 21, Dec 19, Jan 16, and Feb 20	6:00 - 7:00 pm	Dartmouth CHT – Tacoma Drive
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## Understanding Hearing Loss — Connect Hearing

Join us to learn more about hearing loss, what can be done to help and even receive a free hearing screening on site. Register by email at [kaitlyn.doucette@connecthearing.ca](mailto:kaitlyn.doucette@connecthearing.ca).

Friday – September 27	1:30 - 3:30 pm	Bedford/Sackville CHT – Bedford Place Mall
Friday – October 18	1:30 - 3:30 pm	Spryfield – Community Wellness Centre
Friday – November 1	1:30 - 3:30 pm	Dartmouth CHT – Tacoma Drive
Friday – January 24	1:30 - 3:30 pm	Halifax CHT – Young Street

## Wellness Recovery Action Plan — Self Help Connection

This program introduces the key recovery concepts: support, hope, advocacy, personal responsibility, and education including sharing skills and strategies. Register at 902-466-2011 or email [dianemacdougall@selfhelpconnection.ca](mailto:dianemacdougall@selfhelpconnection.ca).

Tuesdays — Oct 1 - Nov 19	2:00 - 4:00 pm	Halifax CHT – Young Street
Fridays — Jan 10 - Feb 28	1:30 - 3:30 pm	Bedford/Sackville CHT – Bedford Place Mall
Mondays — January 13 - 27	10:00 am - 3:00 pm	Spryfield – Community Wellness Centre

## Your Way to Wellness — Primary Health Care, NSHA

A 6-week program led by trained peers to help people with ongoing health conditions learn skills for living a healthy life. To register, call 902-473-7709.

For a complete list of up to date workshops, visit [www.yourwaytowellness.ca](http://www.yourwaytowellness.ca).

Wednesdays — Oct 9 - Nov 13	6:00 - 8:30 pm	Bedford/Sackville CHT – Bedford Place Mall
Thursdays — Sept 26 - Nov 7 (No class on Oct 31)	6:00 - 8:30 pm	East Dartmouth Community Centre



# COMMUNITY LOCATIONS

## Bedford/Sackville CHT — Bedford Place Mall – 1658 Bedford Highway

BEAVER BANK	• Beaver Bank Kinsac Community Centre — 1583 Beaver Bank Road
BEDFORD	• Bedford Public Library — 15 Dartmouth Road
	• Northwood (Ivany Place) — 123 Gary Martin Drive
FALL RIVER	• St. John’s United Church — 3360 Highway #2, Fall River (just past Sobeys)
	• Gordon R. Snow Community Centre — 1359 Fall River Road
LUCASVILLE	• Wallace Lucas Community Centre— 596 Lucasville Road <b>NEW</b>
MOUNT UNIACKE	• Uniacke District School — 551 Highway #1
SACKVILLE	• Knox United Church — 567 Sackville Drive
	• Sackville Public Library — 636 Sackville Drive



## Bedford/Sackville CHT (continued from page 22)

- SACKVILLE
- Memory Lane Family Place — 22 Memory Lane (behind Fultz House)
  - Boys & Girls Club: Sackville Heights Community Centre — 45 Connolly Road
  - Sackville Heights Community Centre — 45 Connolly Road
  - Vineyard Ministry Centre — 1129 Sackville Drive (entrance at back of building)

## Chebucto CHT (Spryfield – Community Wellness Centre) — 16 Dentith Road, Halifax

- CLAYTON PARK
- Canada Games Centre — 26 Thomas Raddall Drive
  - Grace Chapel — 255 Ross Street
  - Keshen Goodman Library — 330 Lacewood Drive
  - Parkland — 118 Fairfax Drive
- FAIRVIEW
- Fairview Family Resource Centre — 6 Titus Street
- HATCHET LAKE
- Prospect Road Community Centre — 2141 Prospect Road
- SAMBRO
- Sambro Elementary School — 3725 Old Sambro Road **NEW**
- SPRYFIELD
- Captain William Spry Public Library — 16 Sussex Street
  - Chebucto Family Centre — 3 Sylvia Avenue
  - Rockingstone Heights School — 1 Regan Drive **NEW**
  - YWCA — 358 Herring Cove Road
- TANTALLON
- St. Margaret's Centre — 12 Westwood Boulevard, Upper Tantallon
  - Tantallon Library — 3646 Hammonds Plains Road (Hubley Centre)
- TIMBERLEA
- Lakeside Community Centre — 1492 St. Margaret's Bay Road
- HUBBARDS
- J.D. Shatford Public Library — 10353 St. Margaret's Bay Road

## Dartmouth CHT — 58 Tacoma Drive

- COLE HARBOUR
- Cole Harbour Public Library — 51 Forest Hills Parkway
  - Cole Harbour Place — 51 Forest Hills Parkway **NEW**
  - Parents and Children Together — 1114 Cole Harbour Road
- DARTMOUTH
- Alderney Public Library — 60 Alderney Drive
  - Dartmouth Child Development Centre — 61 Boland Road
  - Dartmouth North Community Centre — 105 Highfield Park Drive
  - East Dartmouth Community Centre — 50 Caledonia Road
  - St. Alban's Anglican Church — 345 Pleasant Street
  - Woodlawn Public Library — 31 Eisener Boulevard
- EASTERN PASSAGE
- Tallahassee Community Centre — 168 Redoubt Way
- EAST PRESTON
- East Preston Family Centre — 1900 Highway 7
- LAWRENCETOWN
- Good Shepherd Church — 3621 Lawrencetown Road

## Halifax Peninsula CHT — 6080 Young Street (Suite 105)

- HALIFAX
- Bayers Westwood Family Resource Centre — 3499 McAlpine Avenue
  - Bethany United Church — 7171 Clinton Avenue
  - Community YMCA— 2269 Gottingen Street **NEW**
  - Halifax North Memorial Library — 2285 Gottingen Street
  - Halifax Central Library — 5440 Spring Garden Road
  - Local Council of Women — 989 Young Avenue **NEW**
  - Northwood (Manor Meeting Space) — 2615 Northwood Terrace
  - Nova Scotia Community College (NSCC) — 5685 Leeds Street
  - St. Antonios Community & Cultural Centre — 6141 Chebucto Road
  - TEAM Work Cooperative — 7051 Bayers Road, Suite 501
  - Veith House — 3115 Veith Street

# LEARN MORE AND CONNECT WITH US



[www.CommunityHealthTeams.ca](http://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 Community Health Team?

### BEDFORD/SACKVILLE

Bedford Place Mall – 1658 Bedford Highway

Serving Beaver Bank, Bedford, Fall River, Hammonds Plains, Lucasville, Mount Uniacke, Sackville, and 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, and Hubley.

### HALIFAX PENINSULA

6080 Young Street (Suite 105)

Serving downtown, north-end, south-end, and west-end Halifax.

\* See page 19 for a list of our COMMUNITY LOCATIONS with addresses.

Learn more and connect with us!

[www.yourvoicematterscht.ca](http://www.yourvoicematterscht.ca)

