

FREE PROGRAMS FOR PARENTS

To Register, Please Call: 902-460-4560

Please note: Our full schedule is available by visiting www.communityhealthteams.ca

FIRST THINGS FIRST: TIME MANAGEMENT

Do you feel like there are not enough hours in your day? Learn tips and tools to achieve a better life balance.

**Monday, January 20th, 1:30 - 3:30pm,
Team Work Cooperative, 7051 Bayers
Road, Suite 501, Halifax**

BUILDING BETTER SLEEP

**Wednesday, January 22nd
from 6:00 - 8:00pm, Captain
William Spry Library, Spryfield**

THE TRUTH ABOUT WEIGHT AND EXERCISE – 2 WEEK PROGRAM

Will being active help me lose weight? A physiotherapist will help you learn the facts about weight loss and exercise. In this program, you will learn the importance of physical activity in long-term weight loss.

Mondays, February 3rd and 10th, 6:00 - 8:00pm, Northwood Bedford (Ivany Place)

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.

**Monday, February 10th, 10:00 am -12:00pm
at the Community Health Team Tacoma
Drive, Dartmouth**

FOOD AND MOOD

Have you ever thought about the relationship between what you eat and how you feel? Join us to explore how healthy eating can support mental well-being.

**Tuesday, February 11th 2:00 – 4:00pm NSCC,
5685 Leeds Street, Halifax**

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.

**Thursday, February 27th, 1:30 - 3:30pm at
the Community Health Team Bedford Place
Mall, Bedford**

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TAKE CHARGE OF YOUR STRESS – 4 WEEK PROGRAM

Stress is a part of everyday life. Having a toolkit to handle stress can help us feel capable of handling new stressful situations as they come up. Join us for this 4-week program and **learn skills to deal with stress** and practical techniques such as exploring your values, staying present, and relaxation. To get the greatest benefit from this program, it is strongly recommended to attend all four weeks.

Thursdays, January 23rd - February 13th, 1:30 - 3:30pm at Community Health Tacoma Drive, Dartmouth

DISCOVER 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.

Wednesdays, January 15th - February 5th, 2:00 - 4:00pm at the Community Wellness Centre, Spryfield

MY CHILD IS ANXIOUS. SHOULD I WORRY? 2 WEEK PROGRAM

All children have some anxiety. How do you know when to be concerned? You will learn how to identify early signs of anxious feelings in your child, **up to 12 years old**, and skills to help your child manage everyday anxiety. You will have the opportunity to practice these new skills at home and come back to discuss with the group. **Information on additional health and community resources will also be available.**

Tuesdays, January 21st and 28th 6:30 - 8:30pm, Bedford Northwood (Ivany Place), 123 Gary Martin Drive

PARENT WELLNESS SERIES – 3 WEEK PROGRAM

The first two weeks of this program begin with "My child is anxious. Should I worry?" (see description above); a 2-week program to help parents learn to identify early warning 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 at all 4 sessions is required. Child care is available.**

Fridays, January 17th – 31st, 10:00am - 12:00pm, Fairview Family Resource Centre, 6 Titus Street