

Fall 2024/Winter 2025



in PARTNERSHIP with



Free Health & Wellness Programs

CommunityHealthTeams.ca

902-460-4560

Community Health Teams 

Program Information



Please ask about accessibility and interpretation services.

Program Information

The Community Health Teams are a program of Nova Scotia Health in partnership with IWK where healthcare providers offer **free** health and wellness programming. Programs are open to residents of the greater Halifax area age 18 and older with a valid NS health card (unless otherwise indicated in the program description). If you do not have a health card, please call 902-460-4560 to enquire about group programs you may attend.

Registration is required for all programs. You can register for most programs online at www.CommunityHealthTeams.ca or by calling 902-460-4560. Please make sure you press 1 for Bedford/Sackville, 2 for Chebucto, 3 for Dartmouth and 4 for Halifax.

To check out other online programs offered by Nova Scotia Health and the IWK, you can visit www.HealthyNS.ca

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Wellness Navigation

Everyone needs a little help sometimes

- Are you feeling stressed?
- Are you struggling with your health, money, housing, or mental health?
- 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 Navigation can support you to improve your health and wellbeing and connect you to supports. It is a free non-urgent service provided by healthcare professionals for adults, children/youth and families with a valid Nova Scotia health card. Appointments can happen virtually, by phone, or in person. **This program is available to those living in the greater Halifax area.** Call 902-460-4560 (press 1 for Bedford/Sackville, 2 for Chebucto, 3 for Dartmouth and 4 for Halifax) to make an appointment with a navigator.



Hearing from the communities we work with is important to us! Please visit: YourVoiceMattersCHT.ca to complete our survey.



New! – The Halifax Peninsula Community Health Team has moved to a new location – Halifax Place in the Halifax Shopping Centre, at 7001 Mumford Road.

To find Halifax Place enter the mall on the top level, using entrance 2 near Starbucks. Walk straight ahead to a set of glass doors (located between Nespresso and Soft Moc). Take the elevator to the 1st floor and turn left.



Halifax Peninsula Community Health Team Open House

Come check out the Halifax Peninsula Community Health Team’s new location! Have a snack and chat with staff and members of your community. No registration Required.

Wednesday, Sept 18

3:00-5:30 pm

Halifax CHT*

*CHT = Community Health Team



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 **book online HERE** or 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.

Monday, Oct 21	10:00-11:30 am	Woodlawn Public Library	Click here to Register
Monday, Nov 25	1:30-3:00 pm	Halifax CHT*	Click here to Register
Friday, Jan 10	10:00-11:30 am	Spryfield Wellness Centre	Click here to Register
Wednesday, Jan 15	1:30-3:00 pm	Bedford/Sackville CHT*	Click here to Register
Thursday, Feb 13	6:30-7:45 pm	Online Zoom Program	Click here to Register

Visit **HealthyNS.ca** to view an interactive recording of this session.

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.

- The Online Zoom Program is a 3 week series.
- The in-person program is a single session.

Wednesday, Oct 2	6:00-8:30 pm	Woodlawn Public Library	Click here to Register
Tuesday, Oct 8	1:00-3:30 pm	Bedford/Sackville CHT*	Click here to Register
Fridays, Oct 11-25	noon-1:15 pm	Online Zoom Program	Click here to Register
Wednesday, Oct 30	6:00-8:30 pm	Spryfield Wellness Centre	Click here to Register
Monday, Nov 4	9:30-noon	Halifax CHT*	Click here to Register
Thursday, Dec 5	9:30-noon	Saint John's United Church Fall River	Click here to Register
Thursday, Dec 5	9:30-noon	Dartmouth CHT*	Click here to Register
Thursdays, Jan 23 – Feb 6	6:30-7:45 pm	Online Zoom Program	Click here to Register
Friday, Feb 14	9:30-noon	Bedford/Sackville CHT*	Click here to Register
Tuesday, Feb 18	9:30-noon	Spryfield Wellness Centre	Click here to Register
Monday, Feb 24	1:00-3:30 pm	Dartmouth CHT*	Click here to Register
Wednesday, Feb 26	6:00-8:30 pm	Halifax CHT*	Click here to Register

*CHT = Community Health Team



Reducing Your Health Risks

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.

Fridays, Oct 4-25	9:30-11:30 am	Bedford/Sackville CHT*	Click here to Register
Tuesdays, Oct 8-29	6:00-8:00 pm	Woodlawn Public Library	Click here to Register
Thursdays, Nov 7-28	10:00-noon	Spryfield Wellness Centre	Click here to Register
Mondays, Nov 18-Dec 9	noon-1:30 pm	Online Zoom Program	Click here to Register
Thursdays, Jan 9-30	1:30-3:30 pm	Bedford/Sackville CHT*	Click here to Register
Wednesdays, Jan 29-Feb 19	6:00-8:00 pm	Halifax CHT*	Click here to Register
Thursdays, Feb 6 - 27	10:00-noon	Dartmouth CHT*	Click here to Register

Understand Pain

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. Attendance the first week of the series is required.

- The Online Zoom Program is a 3 week series.
- The in-person program is a 2 week series.

Thursdays, Nov 5-19	2:00-3:15 pm	Online Zoom Program	Click here to Register
Fridays, Nov 15 & 22	2:30-4:30 pm	Bedford Public Library	Click here to Register
Fridays, Nov 22 & 29	10:00-noon	Cole Harbour Public Library	Click here to Register
Tuesdays, Jan 7-21	6:30-7:45 pm	Online Zoom Program	Click here to Register

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 tips to get a better sleep.

Monday, Oct 7	1:30-3:30 pm	Bethany United Church	Click here to Register
Thursday, Oct 31	2:30-4:30 pm	Bedford Public Library	Click here to Register
Wednesday, Nov 6	6:00-8:00 pm	Woodlawn Public Library	Click here to Register
Tuesday, Dec 3	6:00-8:00 pm	Memory Lane Family Place	Click here to Register
Wednesday, Dec 4	6:00-8:00 pm	Halifax CHT*	Click here to Register
Tuesday, Jan 14	1:30-3:30 pm	Keshen Goodman Public Library	Click here to Register
Tuesday, Jan 14	1:30-3:30 pm	Dartmouth CHT*	Click here to Register
Friday, Feb 28	9:30-11:30 am	Bedford/Sackville CHT*	Click here to Register

*CHT = Community Health Team



Healthy Eating

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

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.

Thursday, Oct 17	10:00-11:00 am	Alderney Public Library	Click here to Register
Thursday, Oct 17	2:00-3:00 pm	Halifax CHT*	Click here to Register
Tuesday, Nov 5	10:00-11:00 am	Bedford/Sackville CHT*	Click here to Register
Tuesday, Jan 21	1:30-2:30 pm	Dartmouth CHT*	Click here to Register
Wednesday, Feb 19	2:00-3:00 pm	Tantallon Public Library	Click here to Register
Friday, Feb 28	1:30-2:30 pm	Bedford/Sackville CHT*	Click here to Register

Beyond Weight – 1 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. We will explore the many factors that influence weight, expectations for weight loss and strategies to support your health and wellness.

Wednesday, Feb 5	noon-1:30 pm	Online Zoom Program	Click here to Register
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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 virtual group we will explore how to make lasting change in the areas of nutrition, physical activity and mental well-being. 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.

Wednesdays, Oct 2-Dec 11	noon-1:00 pm	Online Zoom Program	Click here to Register
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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!

Wednesday, Oct 16	10:00-noon	Dartmouth CHT*	Click here to Register
Tuesday, Nov 12	1:30-3:30 pm	Bedford/Sackville CHT*	Click here to Register
Wednesday, Nov 27	6:00-8:00 pm	Halifax Central Library	Click here to Register
Monday, Jan 13	2:00-4:00 pm	Cole Harbour Public Library	Click here to Register
Tuesday, Jan 21	1:00-3:00 pm	Captain William Spry Public Library	Click here to Register
Monday, Jan 27	9:30-11:30 am	Bedford/Sackville CHT*	Click here to Register

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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.

- The Online Zoom Program is a 2 week series. Attendance the first week of the series is required.
- The in-person program is a single session.

Tuesday, Sept 24	9:30-11:30 am	Saint John’s United Church Fall River	Click here to Register
Friday, Sept 27	10:00-noon	St. Andrews Community Centre	Click here to Register
Thursday, Oct 10	10:00-noon	Kiwanis Club of Dartmouth	Click here to Register
Tuesday, Oct 22	5:30-7:30 pm	Sackville Public Library	Click here to Register
Tuesday, Oct 29	1:30-3:30 pm	Tantallon Public Library	Click here to Register
Thursday, Nov 7 & 14	noon-1:15 pm	Online Zoom Program	Click here to Register
Monday, Nov 25	1:30-3:30 pm	Dartmouth CHT*	Click here to Register
Monday, Nov 25	6:00-8:00 pm	Prospect Road Community Centre	Click here to Register
Thursday, Dec 5	10:00-noon	Captain William Spry Public Library	Click here to Register
Thursday, Jan 9 & 16	6:00-7:15 pm	Online Zoom Program	Click here to Register
Tuesday, Jan 21	1:30-3:30 pm	Bedford/Sackville CHT*	Click here to Register
Wednesday, Jan 22	10:00-noon	Halifax North Memorial Library	Click here to Register
Wednesday, Jan 22	6:00-8:00 pm	Cole Harbour Public Library	Click here to Register
Tuesday, Feb 25	1:30-3:30 pm	Keshen Goodman Public Library	Click here to Register

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.

Thursdays, Sept 19 & 26	5:45-7:45 pm	Bedford Public Library	Click here to Register
Fridays, Oct 11 & 18	1:00-3:00 pm	Parkland, Clayton Park	Click here to Register
Fridays, Nov 8 & 15	10:00-noon	Cole Harbour Public Library	Click here to Register
Mondays, Oct 21 & 28	10:00-noon	St. Andrews Community Centre	Click here to Register
Wednesdays, Nov 20 & 27	10:00-noon	William Black Community Hall	Click here to Register
Tuesdays, Jan 7 & 14	1:30-3:30 pm	Bedford/Sackville CHT*	Click here to Register
Tuesdays, Feb 11 & 18	1:30-3:30 pm	Woodlawn Public Library	Click here to Register

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Making Peace with Food – 2 Week Program – New!

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.

Tuesdays, Sept 24 & Oct 1	1:30-3:30 pm	Dartmouth CHT*	Click here to Register
Wednesdays, Oct 2 & 9	9:30-11:30 am	Bedford/Sackville CHT*	Click here to Register
Wednesdays, Oct 16 & 23	2:00-4:00 pm	Spryfield Wellness Centre	Click here to Register
Thursdays, Nov 7 & 14	6:00-8:00 pm	Nova Scotia Community College (Leeds St)	Click here to Register
Wednesdays, Nov 20 & 27	6:00-8:00 pm	Cole Harbour Public Library	Click here to Register
Fridays, Dec 6 & 13	2:30-4:30 pm	Bedford Public Library	Click here to Register
Mondays, Jan 13 & 20	1:30-3:30 pm	J.D. Shatford Memorial Public Library	Click here to Register
Fridays, Jan 24 & 31	10:00-noon	Dartmouth CHT*	Click here to Register
Mondays, Feb 3 & 10	10:00-noon	Halifax CHT*	Click here to Register
Thursdays, Feb 20 & 27	1:30-3:30 pm	Bedford/Sackville CHT*	Click here to Register

Beginners 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.

Wednesday, Sept 25	10:00-noon	Dartmouth CHT*	Click here to Register
Friday, Sept 27	9:30-11:30 am	Bedford/Sackville CHT*	Click here to Register
Wednesday, Oct 9	6:00-8:00 pm	Keshen Goodman Public Library	Click here to Register
Tuesday, Oct 22	10:00-noon	Halifax Central Library	Click here to Register
Tuesday, Nov 19	1:30-3:30 pm	Bedford/Sackville CHT*	Click here to Register
Thursday, Nov 28	1:30-3:30 pm	Dartmouth CHT*	Click here to Register
Tuesday, Dec 3	Noon-1:15 pm	Online Zoom Program	Click here to Register
Thursday, Jan 9	6:00-8:00 pm	Nova Scotia Community College (Leeds St)	Click here to Register
Friday, Jan 17	10:00-noon	Spryfield Wellness Centre	Click here to Register
Thursday, Feb 6	1:30-3:30 pm	Bedford/Sackville CHT*	Click here to Register
Wednesday, Feb 12	6:00-7:15 pm	Online Zoom Program	Click here to Register
Wednesday, Feb 19	6:00-8:00 pm	Cole Harbour Public Library	Click here to Register

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Healthy Eating

Meal Planning and Recipe Inspiration

Meal planning can seem intimidating, and it can be hard to know where to start. Learn about the foundations for successful meal planning and 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.

Thursday, Oct 3	1:30-3:30 pm	Halifax North Memorial Library	Click here to Register
Tuesday, Oct 8	6:00-8:00 pm	Prospect Road Community Centre	Click here to Register
Wednesday, Oct 9	6:00-8:00 pm	Memory Lane Family Place	Click here to Register
Tuesday, Oct 22	10:00-noon	Chebucto Family Resource Centre	Click here to Register
Friday, Oct 25	10:00-noon	Dartmouth CHT*	Click here to Register
Tuesday, Jan 21	10:00-noon	Bethany United Church	Click here to Register
Tuesday, Jan 28	1:30-3:30 pm	Dartmouth CHT*	Click here to Register
Monday, Feb 3	6:00-7:15 pm	Online Zoom Program	Click here to Register
Tuesday, Feb 11	9:30-11:30 am	Bedford/Sackville CHT*	Click here to Register

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.

Tuesday, Oct 1	noon-1:15 pm	Online Zoom Program	Click here to Register
Wednesday Oct 16	1:30-3:00 pm	Saint John's United Church Fall River	Click here to Register
Monday, Nov 18	2:30-4:00 pm	Cole Harbour Public Library	Click here to Register
Wednesday, Jan 8	1:30-3:00 pm	Halifax CHT*	Click here to Register
Monday, Feb 24	10:00-11:30 am	Salvation Army – Fairview	Click here to Register
Tuesday, Feb 25	9:30-11:00 am	Bedford/Sackville CHT*	Click here to Register

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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.

Thursday, Oct 3	6:00-8:00 pm	Cole Harbour Public Library	Click here to Register
Monday, Oct 21	5:00-7:00 pm	Salvation Army - Fairview	Click here to Register
Friday, Nov 15	10:00-noon	Halifax CHT*	Click here to Register
Thursday, Nov 21	9:30-11:30 am	Bedford/Sackville CHT*	Click here to Register
Monday, Dec 2	1:30-3:30 pm	Dartmouth CHT*	Click here to Register
Monday, Jan 13	1:30-3:30 pm	Halifax CHT*	Click here to Register
Wednesday, Jan 15	5:00-7:00 pm	Prospect Road Community Centre	Click here to Register
Wednesday, Feb 12	10:00-noon	Dartmouth CHT*	Click here to Register
Tuesday, Feb 18	1:30-3:30 pm	Bedford/Sackville CHT*	Click here to Register

Understanding Food Labels

Nutrition label reading made easy! You will 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.

Friday, Oct 4	10:00-11:30 am	Dartmouth CHT*	Click here to Register
Monday, Oct 7	6:30-8:00 pm	John W. Lindsay YMCA	Click here to Register
Friday, Nov 15	2:00-3:30 pm	Spryfield Wellness Centre	Click here to Register
Tuesday, Nov 26	6:00-7:30 pm	Sackville Public Library	Click here to Register
Monday, Dec 2	1:30-3:00 pm	Bethany United Church	Click here to Register
Wednesday, Jan 29	1:30-3:00 pm	Dartmouth CHT*	Click here to Register
Monday, Feb 3	9:30-11:30 am	Beaver Bank Kinsac Community Center	Click here to Register
Tuesday, Feb 25	10:00-noon	Chebucto Family Resource Centre	Click here to Register



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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 appropriate for individuals who are wheelchair users, and individuals who may experience mild cognitive impairment. Support persons are welcome to attend.

This program is available only to those living in the greater Halifax area.

Call 902-460-4560 for more information. (Choose Location option: 1 for Acadia Hall, 2 for Canada Games Centre, 3 for East Dartmouth Community Center and 4 for Good Shepherd Parish)

Mondays and Wednesdays	Afternoons	Lower Sackville-Acadia Hall
Tuesdays and Thursdays	Mornings	Clayton Park-Canada Games Centre
Tuesdays and Thursdays	Afternoons	East Dartmouth Community Centre
Tuesdays and Thursdays	Afternoons	Halifax Good Shepard Parish – St Agnes Site

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 20 minutes without stopping and be able to get in and out of a chair without difficulty. A participant physical activity screen must be completed 2 weeks before the program starts. Please call 902-460-4560 (press 1 for Bedford/Sackville, 2 for Chebucto, 3 for Dartmouth and 4 for Halifax) for more information and to complete a participant physical activity screen.

Mondays and Thursdays (starting Sept 16)	Afternoons	Cole Harbour Place
Mondays and Wednesdays (starting Sept 23)	Afternoons	Clayton Park – Canada Games Centre
Mondays and Wednesdays (starting Jan 13)	Afternoons	Clayton Park – Canada Games Centre

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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 2 falls** in the past month. 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. Please call 902-460-4560 (press 1 for Bedford/Sackville, 2 for Chebucto, 3 for Dartmouth and 4 for Halifax) for more information and to complete a participant physical activity screen.

Tuesdays & Fridays (starting Oct 1)	Afternoons	Bedford/Hammonds Plains Community Centre
Mondays & Wednesdays (starting Oct 2)	Mornings	North Woodside Community Centre
Mondays & Fridays (starting Oct 4)	Mornings	St. Andrews Community Centre
Mondays & Wednesdays (starting Oct 28)	Mornings	Spryfield Wellness Centre
Mondays & Fridays (starting Jan 13)	Mornings	St. Andrews Community Centre
Tuesdays & Fridays (starting Jan 14)	Afternoons	Bedford/Hammonds Plains Community Centre
Mondays & Wednesdays (starting Jan 20)	Mornings	Spryfield Wellness Centre

Balance Basics – 2 Week Program – New!

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 will include exercise and group discussion. Participants will be shown strength and balance exercises that they can do at home. Please call 902-460-4560 (press 1 for Bedford/Sackville, 2 for Chebucto, 3 for Dartmouth and 4 for Halifax) to complete a physical activity screen.

Wednesdays, Sept 25 & Oct 2	1:00-3:00 pm	St. Peters Church	Click here to Register
Wednesdays, Sept 25 & Oct 2	6:00-8:00 pm	Sackville Heights Community Centre	Click here to Register
Fridays, Nov 22 & 29	1:30-3:30 pm	Halifax Central Library	Click here to Register
Tuesdays, Dec 3 & 10	1:30-3:30 pm	Sackville Heights Community Centre	Click here to Register
Thursdays, Oct 17 & 24	1:30-3:30 pm	Keshen Goodman Public Library	Click here to Register
Thrusdays, Jan 9 & 16	5:00-7:00 pm	Spryfield Wellness Centre	Click here to Register
Mondays, Feb 3 & 10	10:00-noon	Dartmouth CHT*	Click here to Register
Tuesdays, Feb 18 & 25	9:30-11:30 am	Bethany United Church	Click here to Register
Thursdays, Feb 20 & 27	2:00-4:00 pm	Spryfield Wellness Centre	Click here to Register

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Physical Activity

Ready, Set, Move – 4 Week Program

Are you interested in learning about all the different parts of an active lifestyle? This series includes all 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 get more movement in your day, develop an action plan, stay motivated and keep the change going for long term success. A participant physical activity screen is required no later than 5 business days before the program start date. Please call 902-460-4560 (press 1 for Bedford/Sackville, 2 for Chebucto, 3 for Dartmouth and 4 for Halifax) to complete a physical activity screen.

Tuesdays, Nov 5-26	6:00-8:00 pm	Halifax CHT*	Click here to Register
Thursdays, Nov 7-28	1:30-3:30 pm	Bedford/Sackville CHT*	Click here to Register
Thursdays, Nov 7-28	6:00-8:00 pm	Cole Harbour Public Library	Click here to Register
Fridays, Nov 8-29	10:00-noon	Spryfield Wellness Centre	Click here to Register
Fridays, Jan 17-Feb 7	10:00-noon	Kiwanis Club of Dartmouth	Click here to Register
Thursdays, Feb 6-27	9:30-11:30 am	Bedford/Sackville CHT*	Click here to Register

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.

Tuesday, Sept 24	6:00-7:30 pm	Sackville Public Library	Click here to Register
Monday, Dec 2	6:00-7:30 pm	Spryfield Wellness Centre	Click here to Register
Wednesday, Dec 4	10:00-11:30 am	Dartmouth CHT*	Click here to Register
Wednesday, Feb 12	1:30-3:00 pm	Halifax CHT*	Click here to Register

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. A participant physical activity screen is required no later than 5 business days before the program start date. Please call 902-460-4560 (press 1 for Bedford/Sackville, 2 for Chebucto, 3 for Dartmouth and 4 for Halifax) to fill out a participant physical activity screen.

Monday, Nov 25	6:00-8:00 pm	Spryfield Wellness Centre	Click here to Register
Tuesday, Jan 7	9:30-11:30 am	Bedford/Sackville CHT*	Click here to Register
Wednesday, Jan 8	2:00-4:00 pm	Spryfield Wellness Centre	Click here to Register
Monday, Feb 24	10:00-noon	Dartmouth CHT*	Click here to Register
Friday, Feb 28	9:30-11:30 am	St. Andrews Community Centre	Click here to Register

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Physical Activity

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. Please call 902-460-4560 (press 1 for Bedford/Sackville, 2 for Chebucto, 3 for Dartmouth and 4 for Halifax) to fill out a participant physical activity screen.

Wednesday, Sept 25	1:30-3:30 pm	Dartmouth CHT*	Click here to Register
Friday, Oct 4	10:00-noon	Captain William Spry Public Library	Click here to Register
Wednesday, Dec 4	1:30-3:30 pm	Halifax Central Library	Click here to Register
Thursday, Dec 5	1:30-3:30 pm	Bedford/Sackville CHT*	Click here to Register
Monday, Jan 13	6:00-8:00 pm	Spryfield Wellness Centre	Click here to Register
Wednesday, Jan 15	10:00-noon	William Black Community Hall	Click here to Register
Thursday, Jan 30	9:30-11:30 am	Halifax CHT*	Click here to Register



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Mental Wellness

**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.

Wednesday, Sept 25	6:00-8:00 pm	Salvation Army – Herring Cove	Click here to Register
Tuesday, Oct 1	6:00-8:00 pm	Woodlawn Public Library	Click here to Register
Monday, Nov 4	noon-1:30 pm	Online Zoom Program	Click here to Register
Friday, Jan 10	9:30-11:30 am	Bedford/Sackville CHT*	Click here to Register
Thursday, Jan 16	1:30-3:30 pm	Halifax CHT*	Click here to Register

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). Attendance the first week is required.

Thursdays, Oct 3-24	2:00-4:00 pm	Canada Games Centre	Click here to Register
Thursdays, Oct 3-24	6:00-8:00 pm	Bedford/Sackville CHT*	Click here to Register
Tuesdays, Nov 12-Dec 3	6:00-8:00 pm	Woodlawn Public Library	Click here to Register
Tuesdays, Nov 19-Dec 10	1:30-3:30 pm	Halifax CHT*	Click here to Register
Fridays, Jan 17-Feb 7	2:30-4:30 pm	Bedford Public Library	Click here to Register
Wednesdays, Feb 5-26	1:30-3:30 pm	Dartmouth CHT*	Click here to Register

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.

Wednesday, Sept 25	9:30-11:30 am	Bedford/Sackville CHT*	Click here to Register
Wednesday, Sept 25	1:30-3:30 pm	Halifax CHT*	Click here to Register
Thursday, Sept 26	noon-1:30 pm	Online Zoom Program	Click here to Register
Thursday, Oct 3	10:00-noon	Alderney Public Library	Click here to Register
Monday, Dec 9	6:00-8:00 pm	Spryfield Wellness Centre	Click here to Register
Monday, Jan 13	1:30-3:30 pm	Bedford/Sackville CHT*	Click here to Register
Tuesday, Feb 25	6:00-8:00 pm	Woodlawn Public Library	Click here to Register

*CHT = Community Health Team



Self-Compassion – 4 Week Program

Being self-compassionate can help provide us comfort, improved health and increase our sense of satisfaction in our roles. Join us to delve deeper and practice ways to promote self-compassion when we experience difficulties in our everyday lives. Attendance the first week of the series is required.

Tuesdays, Oct 29-Nov 19	6:00-8:00 pm	Bedford/Sackville CHT*	Click here to Register
Thursdays, Oct 31-Nov 21	10:00-noon	Woodlawn Public Library	Click here to Register
Tuesdays, Nov 5-26	10:00-noon	Spryfield Wellness Centre	Click here to Register
Thursdays, Nov 21-Dec 12	11:30-1:30 pm	Online Zoom Program	Click here to Register
Mondays, Jan 20-Feb 10	1:30-3:30 pm	Dartmouth CHT*	Click here to Register
Fridays, Feb 7-28	10:30-12:30 pm	Halifax Central Library	Click here to Register

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.

Monday, Nov 4	1:30-3:30 pm	Bethany United Church	Click here to Register
Friday, Nov 8	10:00-noon	Dartmouth CHT*	Click here to Register
Tuesday, Dec 10	9:30-11:30 am	Bedford/Sackville CHT*	Click here to Register
Tuesday, Jan 7	6:00-8:00 pm	Canada Games Centre	Click here to Register

Visit HealthyNS.ca to view an interactive recording of this session.

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.

Tuesday, Oct 29	10:00-noon	Kiwanis Club of Dartmouth	Click here to Register
Thursday, Dec 12	9:30-11:30 am	Beaver Bank Kinsac Community Centre	Click here to Register
Wednesday, Nov 20	7:00-9:00 pm	J.D. Shatford Memorial Library	Click here to Register
Wednesday, Jan 8	6:00-8:00 pm	Halifax CHT*	Click here to Register
Tuesday, Jan 28	1:30-3:30 pm	Bedford/Sackville CHT*	Click here to Register
Wednesday, Jan 29	1:00-3:00 pm	St. Peters Church	Click here to Register
Thursday, Jan 30	1:30-3:30 pm	Alderney Public Library	Click here to Register
Tuesday, Feb 11	6:00-7:15 pm	Online Zoom Program	Click here to Register
Tuesday, Feb 25	10:00-noon	John W. Lindsay YMCA	Click here to Register

*CHT = Community Health Team



Mental Wellness

Take Charge of Your Stress – 4 Week Program

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

Tuesdays, Oct 1-22	6:00-8:00 pm	Bedford/Sackville CHT*	Click here to Register
Tuesdays, Oct 8-29	9:30-11:30 am	Mulgrave Park Caring & Learning Centre	Click here to Register
Wednesdays, Nov 6-27	6:00-8:00 pm	Halifax CHT*	Click here to Register
Fridays, Nov 8-29	10:00-noon	Online Zoom Program	Click here to Register
Thursdays, Jan 9-30	10:00-noon	Spryfield Wellness Centre	Click here to Register
Fridays, Feb 7-28	10:00-noon	Dartmouth CHT*	Click here to Register

Free Time & You – Try Something – New!

Recreation and leisure play a significant role in health and wellbeing. This program will discuss leisure benefits, how to find accessible and meaningful activities, and how to plan for leisure. This program includes an optional recreation activity hosted by a community group. No experience necessary.

Intro to PickleBall	1:30-3:30 pm	Sackville Heights Community Centre	Click here to Register
Thursday, Sept 26			
Shubie Strolls Guided Walking Tour	10:00-noon	Fairbanks Interpretive Centre – Shubie Park	Click here to Register
Wednesday, Oct 2			
Explore and Create	noon-2:00 pm	Halifax – Wonder’neath Art Society	Click here to Register
Friday, Oct 18			
Nordic Pole Walking	1:30-3:30 pm	Halifax – Canada Games Centre	Click here to Register
Tuesday, Oct 29			
Intro to Crochet	1:00-3:00 pm	Sackville Heights Community Centre	Click here to Register
Sunday, Nov 17			

Exploring Emotions – 4 Week Program

Are you curious about your emotions? You will learn how to identify emotions and develop skills to respond effectively to a range of emotions. Attendance the first week of the series is required.

Wednesdays, Oct 9-30	6:00-8:00 pm	Cole Harbour Library	Click here to Register
Fridays, Nov 1-22	9:30-11:30 am	Bedford/Sackville CHT*	Click here to Register
Tuesdays, Jan 7-28	10:00-noon	Halifax Central Library	Click here to Register
Tuesdays, Feb 4-25	6:00-8:00 pm	Spryfield Wellness Centre	Click here to Register
Wednesdays, Feb 5-26	1:30-3:30 pm	Bedford/Sackville CHT*	Click here to Register

*CHT = Community Health Team



Mental Wellness

Optimal Aging – 4 Week Program

This program can help you improve your health behaviors, 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. Attendance the first week is required.

Tuesdays, Oct 8-29	10:00-noon	Dartmouth CHT*	Click here to Register
Wednesdays, Nov 6-27	1:30-3:30 pm	Bedford/Sackville CHT*	Click here to Register
Thursdays, Feb 6-27	1:00-3:00 pm	St Paul’s Family Resource Institute	Click here to Register

Did you know we offer Mental Health First Aid for Adults Interacting with Youth? See pg. 19 for more information



Parenting

Are you looking to be connected to local child, youth, or parenting resources? Call 902-460-4560 and ask for parenting navigation.

Please have your child’s health card number on hand when you are registering for parenting programs.

Incredible Years – School Age – 12 Week Program

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

Wednesdays, Sept 25-Dec 11	6:00-8:00 pm	Online Zoom Program	Click here to Register
Thursdays, Jan 9-April 3	No session Mar 13	6:00-8:00 pm	Bedford/Sackville CHT*
			Click here to Register

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.

Friday, Oct 18	10:00-11:30 am	Memory Lane Family Place	Click here to Register
Thursday, Nov 21	6:00-7:30 pm	Tantallon Public Library	Click here to Register
Tuesday, Feb 4	noon-1:30 pm	Online Zoom Program	Click here to Register

*CHT = Community Health Team



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.

Tuesdays, Sept 17-Dec 17 6:00-8:00 pm Online Zoom Program [Click here](#) to Register

Wednesdays, Jan 8-April 16

No session Mar 12 9:30-11:30 am Halifax CHT* [Click here](#) to Register

Mental Health First Aid – Adults Interacting with Youth

Learn how to support youth ages 12-24 years experiencing a decline in their mental health. This program is intended for parents, guardians and volunteers. Other adults supporting youth in unpaid roles are also welcome.

Fridays, Jan 24 & 31 9:00 am-1:00 pm Online Zoom Program [Click here](#) to Register

Parenting Your Teen – 1 Week Program

This single session will help you better understand your teen and how their brain works. Learn strategies to improve communication and help your family run more smoothly.

Thursday, Oct 3 6:30-8:00 pm Kiwanis Club of Dartmouth [Click here](#) to Register

Wednesday, Dec 4 noon-1:30 pm Online Zoom Program [Click here](#) to Register

Tuesday, Feb 11 10:00-11:30 am Spryfield Wellness Centre [Click here](#) to Register

Parenting Your Teen-Walking the Middle Path

This full day session is for parents ready to change how they are interacting with their teen. Learn to better understand your teen, improve communication and help your family run more smoothly.

Saturday, Nov 16 9:00 am-4:00 pm Halifax CHT* [Click here](#) to Register



*CHT = Community Health Team



My Child is Anxious. Should I Worry? – 2 Week Program

Learn how to identify early signs of anxious feelings in your children and skills to help them manage everyday anxiety. For parents and caregivers of children up to 12 years old.

Wednesdays, Oct 2 & 9	6:30-8:30 pm	J.D. Shatford Memorial Library	Click here to Register
Mondays, Nov 18 & 25	1:00-3:00 pm	Saint John's United Church Fall River	Click here to Register
Mondays, Jan 6 & 13	10:00-noon	Online Zoom Program	Click here to Register

Self-Compassion for Parents

Parenting is a difficult job. Being self-compassionate can help provide us comfort, improve health and increase our sense of satisfaction in our roles as parents. Join us to practice ways to promote self-compassion when we experience difficulties in our everyday lives.

Wednesday, Oct 23	6:00-7:30 pm	Sackville Heights Community Centre	Click here to Register
Tuesday, Nov 5	noon-1:30 pm	Halifax Central Library	Click here to Register
Thursday, Feb 6	10:00-11:30 am	Cole Harbour Public Library	Click here to Register

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.

Fridays, Sept 27-Oct 25	Babies in Arms Welcome	10:00-noon	East Preston Family Resource Centre	Click here to Register
Mondays, Jan 6-Feb 3		9:30-11:30 am	Sackville Heights Community Centre	Click here to Register

Parent Wellness Series

Register for the weeks you want to attend. YMCA staff will be available to entertain your kiddos while you talk with Community Health Team staff.

Tuesdays, Jan 21-Feb 11	10:00-11:00 am	John W. Lindsay YMCA	Click here to Register
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Jan 21 – Behaviour 101: Connect with the Community Health Team, IWK Mental Health & Wellness Coordinator to discuss skills to respond effectively to kids' behavior and keep things calm at home.

Jan 28 – Screen Time 101: Connect with the Community Health Team, IWK Mental Health & Wellness Coordinator to learn about the risks and benefits of screen time and ways to help your family.

Feb 4 – Move More: Connect with the Community Health Team Physiotherapist to learn about the 24-hour Movement Guidelines and how to get your family to move more for better health.

Feb 11 – Healthy Eating 101: Connect with the Community Health Team Dietitian and learn about healthy eating strategies for your family.

*CHT = Community Health Team



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.

Advanced Care Planning and Personal Directives – *Inspired COPD Outreach Program, Nova Scotia Health*

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

Thursday, Nov 14 10:00-noon Bedford/Sackville CHT*

Caregivers Support Group – *Caregivers Nova Scotia*

Please call 902-421-7390 for more information and to register.

**Wednesdays, Sept 4 & 18, Oct 2 & 16,
Nov 6 & 20, Dec 4 & 18, Jan 15,
Thursdays, Feb 6 & 20** 1:00-3:00 pm Dartmouth CHT*

**Thursdays, Sept 5, Oct 3, Nov 7,
Dec 5, Jan 2, Feb 6** 1:00-3:00 pm Halifax CHT*

**Wednesdays, Sept 18, Oct 16,
Nov 20, Dec 18, Jan 15, Feb 19** 2:00-4:00 pm Spryfield Wellness Centre

**Wednesdays, Sept 25, Oct 30,
Nov 27, Jan 29, Feb 26** 6:00-8:00 pm Bedford/Sackville CHT*

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

No registration required.

Thursdays (starting Sept 5) 4:00-5:00 pm Dartmouth CHT*

Multiple Sclerosis Peer Support Health Group – *MS Society of Canada*

No registration required.

**Fridays, Sept 20, Oct 18, Nov 15,
Dec 20, Jan 17, Feb 21** 1:00-3:00 pm Dartmouth CHT*

Meditation For Inner Peace and Clarity – *Sahaja Yoga*

To register please email Freemeditationhalifax@gmail.com

Mondays (starting Sept 9)
No sessions Sept 30, Oct 14,
Nov 11, Dec 23 & 30, Feb 17 6:30-7:30 pm Halifax CHT*

*CHT = Community Health Team



Community Locations for Halifax Peninsula

Halifax Peninsula Community Health Team – Halifax Place in the Halifax Shopping Centre – 7001 Mumford Road – **New!**

Bethany United Church	2669 Joseph Howe Drive, Halifax
Good Sheppard Parish (St Agnes Site)	6903 Mumford Road, Halifax
Halifax Central Library	5440 Spring Garden Road, Halifax
Halifax North Memorial Library	2285 Gottingen Street, Halifax
John W. Lindsay YMCA	5640 Sackville Street, Halifax
Mulgrave Park Caring & Learning Centre	57 Jarvis Lane, Halifax
Nova Scotia Community College (NSCC)	5685 Leeds Street, Halifax
St Andrews Community Centre	3380 Barnstead Lane, Halifax
Wonder'neath Art Society	2482 Maynard St, Halifax – New!

Community Locations for Dartmouth

Dartmouth Community Health Team – 58 Tacoma Drive

Alderney Public Library	60 Alderney Dr, 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
Fairbanks Interpretive Centre	Shubie Park, 54 Locks Road, Dartmouth – New!
Kiwanis Club of Dartmouth	45 Graham's Grove, Dartmouth – New!
North Woodside Community Centre	230 Pleasant Street, Dartmouth
Woodlawn Public Library	31 Eisener Boulevard, Dartmouth



Community Locations for Bedford/Sackville

Bedford/Sackville Community Health Team – 1658 Bedford Highway (main level Bedford Place Mall)

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
Memory Lane Family Place	22 Memory Lane, Lower Sackville
Sackville Public Library	636 Sackville Drive, Lower Sackville
Sackville Heights Community Centre	45 Connolly Road, Middle Sackville
St. John's United Church	3360 Highway #2, Fall River

Community Locations for Chebucto

Chebucto Community Health Team (in Spryfield Wellness Centre) — 16 Dentith Road, Halifax

Canada Games Centre	26 Thomas Raddall Drive, Halifax
Captain William Spryfield Public Library	16 Sussex Street, Halifax
Chebucto Family Centre	3 Sylvia Avenue, Halifax
J.D. Shatford Memorial Public Library	10353 St. Margaret's Bay Road, Hubbards
Keshen Goodman Public Library	330 Lacewood Drive, Halifax
Parkland Clayton Park (Cameron Hall)	118 Fairfax Drive, Halifax
Prospect Road Community Centre	2141 Prospect Road, Hatchet Lake
Salvation Army Fairview	50 Gesner Street, Halifax
Salvation Army Herring Cove	328 Herring Cove Road, Halifax
Spryfield Wellness Centre	16 Dentith Road, Halifax (Spryfield)
St. Pauls Family Resources Institute	173 Old Sambro Road – New!
St. Peters Church	10030 Peggy's Cove Road, Hackett's Cove – New!
Tantallon Public Library	3646 Hammonds Plains Road (Hubley Centre), Upper Tantallon
William Black Community Hall	10507 Peggy's Cove Road, Glen Margaret – New!

If you would like to receive monthly emails about upcoming programs connect with your Community Health Team at 902-460-4560

Learn more and connect with us

 communityhealthteams.ca

 @communityhealthteams

 @communityhealthteam

What is a Community Health Team (CHT)?

A Community Health Team offers **free** wellness programs and services in your community. The range of programs and services offered by each Community Health Team 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
- All programs are offered by healthcare professionals (physiotherapists, dietitians, social workers, occupational therapists, nurses and recreation therapists).

Where is My Community Health Team (CHT)?

Bedford/Sackville CHT

1658 Bedford Hwy
(main level Bedford Place Mall)
Serving Beaver Bank, Bedford, Fall River,
Hammonds Plains, Lucasville, Mount
Uniacke, Sackville, & Waverley.

Chebucto CHT

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

Dartmouth CHT

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

Halifax Peninsula CHT

Halifax Shopping Centre
1st floor, Halifax Place - **New!**
Serving downtown, North-end,
South-end, & West-end Halifax.



Scan Me

