

# PARENTING PROGRAMS FALL 2022/WINTER 2023

Register Now!

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

Please have your child's health card number on hand for registration  
Each parent who wants to attend any of the sessions must register individually

## SELF-COMPASSION FOR PARENTS

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

Friday - November 18, 11:00 - noon - Zoom for Health Care



## INCREDIBLE YEARS - PRESCHOOL AGE -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 - October 25 to January 31 (no group Dec 27), 6:30 - 8:30pm - Zoom for Health Care  
Thursdays - January 5 - April 13 (no group March 16), 9:30 - 11:30am - Zoom for Health Care

## 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.**

Tuesdays - September 27 to December 13, 9:30 - 11:30 am - Chebucto Family Centre (*childcare available*)  
Wednesdays - October 5 to December 21, 6:30 - 8:30pm - Sackville Heights Community Centre (*childcare available*)  
Thursdays - November 24 to February 16 (no group Dec 29), 6:30-8:30pm - Zoom for Health Care

## 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.**

Tuesdays - October 11 & 18, 9:30 - 11:30 am - Halifax Central Library  
Mondays - December 5 & 12, 11:30 am - 1:00 pm - Zoom for Health Care  
Wednesdays, February 1 & 8, 10:00 am - noon - Captain William Spry Public Library



All programs offered for free via Zoom for Health Care or In Person by

## PARENTING YOUR TEENAGER - WALKING THE MIDDLE PATH - 6 WEEK PROGRAM

Learn to better understand your teen and how their brain works as well as practicing skills to improve communication to help your family run more smoothly.

**Tuesday - January 17, 6:00 - 7:30 pm - Sackville Public Library**

## INTRODUCTION TO PARENTING YOUR TEENAGER

Learn to better understand your teen and how their brain works as well as practicing skills to improve communication to help your family run more smoothly.

**Tuesday - January 17, 6:00 - 7:30 pm - Sackville Public Library**



## HANDLE WITH CARE - 7 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 - January 6 to February 17, 10:00 - noon - East Preston Family Centre (childcare available)**

## 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 and caregivers of children up to 12 years old.**

**Wednesday - November 2, 10:00 - 11:30 am - Alderney Public Library**

## PARENT/CAREGIVER 101 SERIES: BEHAVIOUR, MEALTIME, AND TOILETING

The following programs are offered by our IWK partners.

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

### BEHAVIOUR 101

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

**Wednesday - Oct 19  
6:00 - 7:30 pm**

### MEALTIME 101

We will discuss healthy mealtime habits, how to introduce new foods and a variety of foods, plus lots of tips and tricks to keep your child smiling at the table.

**Wednesday - Oct 26  
6:00 - 7:30 pm**

### TOILETING 101

We will discuss considerations and supports to help set your child up for toilet training success.

**Wednesday - Nov 2  
6:00 - 7:30 pm**

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