

# Community Health Teams

## FREE HEALTH & WELLNESS PROGRAMS

Photo courtesy of John Archambault

## September 2016 - February 2017

Register now

### How to Register:

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



Like us on Facebook

[facebook.com/communityhealthteams](https://facebook.com/communityhealthteams)



Visit us online

[CommunityHealthTeams.ca](http://CommunityHealthTeams.ca)



in PARTNERSHIP with





# WHAT IS A COMMUNITY HEALTH TEAM?

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 are 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.
- Works closely together with community organizations toward building a stronger and healthier community.

Meet friendly people and get healthier together at your local Community Health Team.

**Bedford / Sackville  
Community Health Team (CHT)  
833 Sackville Drive (upper level), Lower Sackville**  
Serving the communities of Beaver Bank, Fall River, Hammonds Plains, Sackville, and Waverley.

**Chebucto (Halifax Mainland)  
Community Health Team (CHT)  
16 Dentith Road, Halifax**  
Serving the communities of 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.

**Dartmouth  
Community Health Team (CHT)  
58 Tacoma Drive, Dartmouth**  
Serving the communities of Dartmouth, Cole Harbour, Eastern Passage, Lawrencetown, Mineville, North and East Preston.

**Halifax Peninsula  
Community Health Team (CHT)  
Suite 105 6080 Young Street, Halifax**  
Serving the communities of downtown, north end, south end, and west end Halifax.

## WELLNESS NAVIGATION

Are you stressed? Do you need help to find resources? Are you struggling with your health, money, housing, or mental health and don't know where to go? Do you have concerns about your child's mood or behavior? Do you want to join a group or feel more connected to your community? Navigators can find you the right services to help. Call 902-460-4560 to make an appointment to meet with 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.

*"They are like a system GPS. I feel like I have an ace in my pocket now with the wellness navigator. They take a different approach here." - Community citizen*

## COMMUNITY CONNECTIONS

### Bowling with the Community Health Team

Have you ever wanted to try candle pin bowling? Join us at Bowlarama, located on the lower level of the Spryfield Shopping Mall.		
Friday, October 14	10:00 a.m. - noon	Bowlarama, Spryfield
Friday, November 25	10:00 a.m. - noon	Bowlarama, Spryfield
Friday, February 17	10:00 a.m. - noon	Bowlarama, Spryfield

### Community Health Team Social

Come out and have a snack and a chat with your Community Health Team and meet others in your community. No registration required.		
Thursday, November 24	1:30 - 3:30 p.m.	CHT Sackville Drive, Lower Sackville
Thursday, December 8	1:30 - 3:30 p.m.	Community Wellness Centre, Spryfield
Friday, December 9	1:30 - 3:30 p.m.	CHT Young Street, Halifax Peninsula
Wednesday, December 14	1:30 - 3:30 p.m.	CHT Tacoma Drive, Dartmouth

# REDUCING YOUR HEALTH RISKS

## Building Better Sleep

Join us for a discussion on how to promote better sleep in your life.

Tuesday, September 20	1:30 - 3:30 p.m.	St. John XXIII Parish, Dartmouth
Thursday, October 13	9:30 - 11:30 a.m.	Memory Lane Family Place, Lower Sackville (childcare available)
Wednesday, October 19	1:30 - 3:30 p.m.	Grace Chapel, Clayton Park
Wednesday, October 26	10:00 a.m. - noon	CHT Young Street, Halifax Peninsula
Monday, November 28	6:00 - 8:00 p.m.	Tallahassee Community Centre, Eastern Passage
Thursday, January 5	9:30 - 11:30 a.m.	Community Wellness Centre, Spryfield
Friday, January 13	9:30 - 11:30 a.m.	Citadel Community Centre, Halifax
Monday, January 30	1:30 - 3:30 p.m.	Gordon R. Snow Community Centre, Fall River
Thursday, February 9	1:30 - 3:30 p.m.	CHT Tacoma Drive, Dartmouth

## Community Health Team Drop-in

For people who would like extra support with their goals to achieve better health.

### Bedford/Sackville

Fridays: September 30, October 21, November 18, December 9, January 13, February 17	8:30 - 10:00 a.m.	CHT Sackville Drive, Lower Sackville
---	-------------------	--------------------------------------

### Chebucto

Fridays: September 30, October 28, November 18, December 9, January 20, February 24	8:30 - 10:00 a.m.	Community Wellness Centre, Spryfield
---	-------------------	--------------------------------------

### Dartmouth

Fridays: September 16, October 21, November 18, December 16, January 20, February 17	8:30 - 10:00 a.m.	CHT Tacoma Drive, Dartmouth
--	-------------------	-----------------------------

### Halifax Peninsula

Fridays: September 2, October 7, November 4, December 2, January 13, February 3	8:30 - 10:00 a.m.	CHT Young Street, Halifax Peninsula
--	-------------------	-------------------------------------

## Heart Healthy Living - Know Your Numbers! 2 - Week Program

Do you know your top five numbers for heart health? Discover ways to improve your blood pressure, cholesterol, fasting blood sugar, weight and waist circumference.

Mondays: September 26, October 3	1:30 - 3:30 p.m.	CHT Tacoma Drive, Dartmouth
Mondays: October 17, 24	1:00 - 3:00 p.m.	St. Margaret's Centre, Upper Tantallon
Fridays: November 18, 25	9:30 - 11:30 a.m.	Sackville Heights Community Center, Lower Sackville
Fridays: November 18, 25	9:00 - 11:00 a.m.	Citadel Community Centre, Halifax
Fridays: November 25, December 2	10:00 a.m. - noon	Northbrook Community Centre, Dartmouth
Fridays: January 27, February 3	10:00 a.m. - noon	CHT Tacoma Drive, Dartmouth
Tuesdays: February 7, 14	9:30 - 11:30 a.m.	CHT Sackville Drive, Lower Sackville
Wednesdays: February 8, 15	1:30 - 3:30 p.m.	CHT Young Street, Halifax Peninsula
Wednesdays: February 15, 22	1:30 - 3:30 p.m.	Community Wellness Centre, Spryfield

## REDUCING YOUR HEALTH RISKS (CONTINUED)

### Is it Just Me? Why is Change so Hard?

Explore how ready you are to make lifestyle changes and receive support as you work toward making healthy behavior a priority. Register for the sessions that are of interest to you.

Tuesday, October 4	1:30 - 2:30 p.m.	<b>Nutrition &amp; Weight Management</b> - Community Wellness Centre, Spryfield
Friday, October 7	10:00 - 11:00 a.m.	<b>Nutrition &amp; Weight Management</b> - CHT Tacoma Drive, Dartmouth
Thursday, October 20	10:00 - 11:00 a.m.	<b>Nutrition &amp; Weight Management</b> - CHT Sackville Drive, Lower Sackville
Friday, November 4	9:30 - 10:30 a.m.	<b>Emotional Wellness</b> - Community Wellness Centre, Spryfield
Wednesday, November 16	2:00 - 3:00 p.m.	<b>Emotional Wellness</b> - CHT Tacoma Drive, Dartmouth
Thursday, November 24	10:00 - 11:00 a.m.	<b>Emotional Wellness</b> - Memory Lane Family Place, Lower Sackville (childcare available)
Monday, November 28	1:30 - 2:30 p.m.	<b>Nutrition &amp; Weight Management</b> - CHT Young Street, Halifax Peninsula
Tuesday, December 6	2:00 - 3:00 p.m.	<b>Physical Activity</b> - CHT Sackville Drive, Lower Sackville
Tuesday, January 17	10:00 - 11:00 a.m.	<b>Physical Activity</b> - CHT Young Street, Halifax Peninsula
Wednesday, January 18	10:00 - 11:00 a.m.	<b>Physical Activity</b> - CHT Tacoma Drive, Dartmouth
Friday, January 20	2:00 - 3:00 p.m.	<b>Nutrition &amp; Weight Management</b> - CHT Sackville Drive, Lower Sackville
Monday, January 23	2:00 - 3:00 p.m.	<b>Physical Activity</b> - Community Wellness Centre, Spryfield
Thursday, February 9	9:30 - 10:30 a.m.	<b>Nutrition &amp; Weight Management</b> - Community Wellness Centre, Spryfield
Tuesday, February 21	10:00 - 11:00 a.m.	<b>Nutrition &amp; Weight Management</b> - CHT Tacoma Drive, Dartmouth
Wednesday, February 22	2:00 - 3:00 p.m.	<b>Emotional Wellness</b> - CHT Sackville Drive, Lower Sackville
Thursday, February 23	2:00 - 3:00 p.m.	<b>Emotional Wellness</b> - CHT Young Street, Halifax Peninsula

### Personal Wellness Profile

Complete a lifestyle survey and have your cholesterol, blood sugar, blood pressure, body fat and waist circumference measured. Receive a personalized report that lets you know how you are doing in nine health areas and find out your health age.

#### Bedford/Sackville

Wednesday, October 5	8:30 - 11:30 a.m.	CHT Sackville Drive, Lower Sackville
Wednesday, October 12	8:30 - 11:30 a.m.	CHT Sackville Drive, Lower Sackville
Wednesday, October 19	8:30 - 11:30 a.m.	CHT Sackville Drive, Lower Sackville
Saturday, October 29	8:30 - 11:30 a.m.	CHT Sackville Drive, Lower Sackville
Wednesday, November 9	8:30 - 11:30 a.m.	CHT Sackville Drive, Lower Sackville
Wednesday, November 16	8:30 - 11:30 a.m.	CHT Sackville Drive, Lower Sackville
Saturday, December 3	8:30 - 11:30 a.m.	CHT Sackville Drive, Lower Sackville
Wednesday, January 18	8:30 - 11:30 a.m.	CHT Sackville Drive, Lower Sackville
Wednesday, February 8	8:30 - 11:30 a.m.	CHT Sackville Drive, Lower Sackville
Wednesday, February 15	8:30 - 11:30 a.m.	CHT Sackville Drive, Lower Sackville

<b>Chebucto</b>		
Wednesday, September 28	8:30 - 11:30 a.m.	Community Wellness Centre, Spryfield
Wednesday, October 12	8:30 - 11:30 a.m.	Community Wellness Centre, Spryfield
Wednesday, October 26	8:30 - 11:30 a.m.	Community Wellness Centre, Spryfield
Wednesday, November 9	8:30 - 11:30 a.m.	Community Wellness Centre, Spryfield
Saturday, November 19	8:30 - 11:30 a.m.	Community Wellness Centre, Spryfield
Wednesday, November 30	8:30 - 11:30 a.m.	Community Wellness Centre, Spryfield
Wednesday, January 11	8:30 - 11:30 a.m.	Community Wellness Centre, Spryfield
Wednesday, January 25	8:30 - 11:30 a.m.	Community Wellness Centre, Spryfield
Wednesday, February 8	8:30 - 11:30 a.m.	Community Wellness Centre, Spryfield
Wednesday, February 22	8:30 - 11:30 a.m.	Community Wellness Centre, Spryfield
<b>Dartmouth</b>		
Thursday, September 29	8:30 - 11:30 a.m.	CHT Tacoma Drive, Dartmouth
Thursday, October 20	8:30 - 11:30 a.m.	CHT Tacoma Drive, Dartmouth
Thursday, October 27	8:30 - 11:30 a.m.	CHT Tacoma Drive, Dartmouth
Thursday, November 3	8:30 - 11:30 a.m.	CHT Tacoma Drive, Dartmouth
Thursday, November 17	8:30 - 11:30 a.m.	CHT Tacoma Drive, Dartmouth
Saturday, November 26	8:30 - 11:30 a.m.	CHT Tacoma Drive, Dartmouth
Thursday, December 1	8:30 - 11:30 a.m.	CHT Tacoma Drive, Dartmouth
Thursday, January 12	8:30 - 11:30 a.m.	CHT Tacoma Drive, Dartmouth
Thursday, January 19	8:30 - 11:30 a.m.	CHT Tacoma Drive, Dartmouth
Thursday, February 16	8:30 - 11:30 a.m.	CHT Tacoma Drive, Dartmouth
Thursday, February 23	8:30 - 11:30 a.m.	CHT Tacoma Drive, Dartmouth
<b>Halifax Peninsula</b>		
Thursday, September 1	8:30 - 11:30 a.m.	CHT Young Street, Halifax Peninsula
Thursday, September 22	8:30 - 11:30 a.m.	CHT Young Street, Halifax Peninsula
Thursday, October 6	8:30 - 11:30 a.m.	CHT Young Street, Halifax Peninsula
Saturday, October 22	8:30 - 11:30 a.m.	CHT Young Street, Halifax Peninsula
Thursday, October 27	8:30 - 11:30 a.m.	CHT Young Street, Halifax Peninsula
Thursday, November 10	8:30 - 11:30 a.m.	CHT Young Street, Halifax Peninsula
Thursday, November 24	8:30 - 11:30 a.m.	CHT Young Street, Halifax Peninsula
Thursday, December 8	8:30 - 11:30 a.m.	CHT Young Street, Halifax Peninsula
Thursday, January 12	8:30 - 11:30 a.m.	CHT Young Street, Halifax Peninsula
Thursday, January 26	8:30 - 11:30 a.m.	CHT Young Street, Halifax Peninsula
Thursday, February 9	8:30 - 11:30 a.m.	CHT Young Street, Halifax Peninsula
Thursday, February 23	8:30 - 11:30 a.m.	CHT Young Street, Halifax Peninsula

### 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. Please call to book an appointment.

## REDUCING YOUR HEALTH RISKS (CONTINUED)

### 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 26	6:00 - 8:00 p.m.	CHT Young Street, Halifax Peninsula
Wednesday, October 12	6:30 - 8:30 p.m.	J.D. Shatford Memorial Public Library, Hubbards
Tuesday, October 25	1:30 - 3:30 p.m.	St. John XXIII Parish, Dartmouth
Wednesday, November 2	1:30 - 3:30 p.m.	CHT Sackville Drive, Lower Sackville
Tuesday, November 8	6:30 - 8:30 p.m.	Keshen Goodman Public Library, Clayton Park
Monday, November 28	10:00 a.m. - noon	CHT Tacoma Drive, Dartmouth
Friday, January 13	9:30 - 11:30 a.m.	CHT Sackville Drive, Lower Sackville
Tuesday, February 7	10:00 a.m. - noon	CHT Young Street, Halifax Peninsula
Monday, February 13	1:30 - 3:30 p.m.	CHT Tacoma Drive, Dartmouth
Thursday, February 16	9:30 - 11:30 a.m.	Community Wellness Centre, Spryfield

### Scheduling Health Into Your Work Day!

Finding it hard to fit physical activity and healthy eating into your work day? You are not alone! Join us for practical ideas to start improving your workplace health.

Wednesday, February 22	6:00 - 8:00 p.m.	St. John XXIII Parish, Dartmouth
Monday, February 27	4:30 - 6:30 p.m.	CHT Young Street, Halifax Peninsula

### Want Better Health? Build Better Goals

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

Thursday, September 29	9:00 - 10:00 a.m.	CHT Young Street, Halifax Peninsula
Wednesday, October 5	10:00 - 11:00 a.m.	CHT Tacoma Drive, Dartmouth
Thursday, October 6	10:00 - 11:00 a.m.	CHT Sackville Drive, Lower Sackville
Thursday, October 13	7:00 - 8:00 p.m.	Tantallon Public Library, Upper Tantallon
Tuesday, November 8	2:00 - 3:00 p.m.	CHT Sackville Drive, Lower Sackville
Monday, November 21	1:30 - 2:30 p.m.	Johanna B. Oosterveld Centre, Halifax
Friday, December 2	10:00 - 11:00 a.m.	Community Wellness Centre, Spryfield
Monday, December 5	9:00 - 10:00 a.m.	CHT Young Street, Halifax Peninsula
Wednesday, December 7	2:00 - 3:00 p.m.	CHT Tacoma Drive, Dartmouth
Friday, January 20	noon - 1:00 p.m.	Alderney Public Library, Dartmouth
Monday, January 23	10:00 - 11:00 a.m.	CHT Sackville Drive, Lower Sackville
Tuesday, January 24	2:00 - 3:00 p.m.	Community Wellness Centre, Spryfield
Tuesday, February 14	10:00 - 11:00 a.m.	CHT Young Street, Halifax Peninsula



# FOOD, NUTRITION & WEIGHT MANAGEMENT

## Best Weight Basics

Get started on discovering your best weight with basic strategies to tweak your day to live your healthiest life.

Tuesday, September 27	10:00 a.m. - noon	CHT Young Street, Halifax Peninsula
Tuesday, October 4	2:00 - 4:00 p.m.	Bedford Public Library, Bedford
Tuesday, November 15	2:00 - 4:00 p.m.	Bedford Hammonds Plains Community Centre, Bedford
Wednesday, November 16	9:30 - 11:30 a.m.	Community Wellness Centre, Spryfield
Thursday, November 24	2:00 - 4:00 p.m.	Johanna B. Oosterveld Centre, Halifax
Friday, January 13	10:00 a.m. - noon	Northbrook Community Centre, Dartmouth
Monday, January 16	4:30 - 6:30 p.m.	CHT Young Street, Halifax Peninsula
Monday, February 13	1:00 - 3:00 p.m.	Spencer House, Halifax

## Craving Change 4-Week Program

Discover why you eat the way you do and find out some tricks to change your thinking and your eating!

Tuesdays: October 11 - November 1	9:30 - 11:30 a.m.	CHT Sackville Drive, Lower Sackville
Mondays: October 17 - November 7	1:30 - 3:30 p.m.	CHT Tacoma Drive, Dartmouth
Mondays: November 7 - 28	1:30 - 3:30 p.m.	Canada Games Centre, Clayton Park
Tuesdays: November 8 - 29	9:30 - 11:30 a.m.	CHT Young Street, Halifax Peninsula
Wednesdays: January 18 - February 8	6:30 - 8:30 p.m.	Sackville Public Library, Lower Sackville
Thursdays: January 19 - February 9	1:30 - 3:30 p.m.	Cole Harbour Public Library, Cole Harbour
Fridays: February 3 - 24	1:00 - 3:00 p.m.	St. Andrews Community Centre, Halifax
Tuesdays: February 7 - 28	2:00 - 4:00 p.m.	Community Wellness Centre, Spryfield

## Craving Change Follow up

If you have completed the full four week Craving Change Program and would like support to keep the change going, this session is for you! Learn about important relapse prevention skills and share your experiences with the Craving Change strategies.

Monday, January 16	9:00 - 11:00 a.m.	CHT Young Street, Halifax Peninsula
Wednesday, January 25	2:00 - 3:00 p.m.	CHT Sackville Drive, Lower Sackville

## Discovering Your Best Weight 4 - Week Program

Explore strategies to help you achieve your best weight while living the healthiest lifestyle you can truly enjoy.

Tuesdays: September 27 - October 18	6:00 - 8:00 p.m.	CHT Tacoma Drive, Dartmouth
Thursdays: October 6 - 27	1:00 - 3:00 p.m.	Community Wellness Centre, Spryfield
Thursdays: October 6 - 27	6:00 - 8:00 p.m.	Ivany Place, Bedford
Mondays: October 24 - November 14	10:00 a.m. - noon	CHT Young Street, Halifax Peninsula
Wednesdays: January 11 - February 1	10:30 a.m. - 12:30 p.m.	Citadel Community Centre, Halifax
Tuesdays: January 17 - February 7	1:30 - 3:30 p.m.	CHT Tacoma Drive, Dartmouth
Tuesdays: January 17 - February 7	1:30 - 3:30 p.m.	Lakeside Community Centre, Timberlea
Thursdays: January 26 - February 16	9:30 - 11:30 a.m.	CHT Sackville Drive, Lower Sackville



## FOOD, NUTRITION & WEIGHT MANAGEMENT (CONTINUED)

### Fat, Sugar, Salt NEW

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

Wednesday, September 28	10:00 a.m. - noon	CHT Tacoma Drive, Dartmouth
Friday, September 30	10:00 a.m. - noon	Fairview Family Resource Centre, Fairview (childcare available)
Tuesday, October 18	6:00 - 8:00 p.m.	CHT Sackville Drive, Lower Sackville
Thursday, October 20	2:00 - 4:00 p.m.	CHT Young Street, Halifax Peninsula
Tuesday, November 15	6:30 - 8:30 p.m.	Keshen Goodman Public Library, Clayton Park
Wednesday, November 16	6:30 - 8:30 p.m.	Cole Harbour Public Library, Cole Harbour
Thursday, November 17	1:30 - 3:30 p.m.	Gordon R. Snow Community Centre, Fall River
Friday, January 20	1:30 - 3:30 p.m.	Northwood, Halifax Peninsula
Thursday, February 2	1:30 - 3:30 p.m.	Prospect Road Community Centre, Hatchet Lake
Monday, February 6	9:30 - 11:30 a.m.	CHT Sackville Drive, Lower Sackville
Wednesday, February 22	10:00 a.m. - noon	Halifax Central Public Library, Halifax
Tuesday, February 28	1:30 - 3:30 p.m.	CHT Tacoma Drive, Dartmouth

### Food Fads: Fact or Fiction?

Explore popular diets and nutrition trends and see if they live up to their claims.

Thursday, September 29	10:00 - 11:30 a.m.	Memory Lane Family Place, Lower Sackville (childcare available)
Tuesday, October 18	6:30 - 8:00 p.m.	Prospect Road Community Centre, Hatchet Lake
Friday, November 4	10:00 - 11:30 a.m.	CHT Tacoma Drive, Dartmouth
Monday, November 21	6:00 - 7:30 p.m.	CHT Young Street, Halifax Peninsula
Monday, January 9	9:30 - 11:00 a.m.	Community Wellness Centre, Spryfield
Tuesday, January 17	1:30 - 3:00 p.m.	CHT Young Street, Halifax Peninsula
Thursday, February 23	1:30 - 3:00 p.m.	CHT Sackville Drive, Lower Sackville
Monday, February 27	10:00 - 11:30 a.m.	CHT Tacoma Drive, Dartmouth

### 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 and easy resources and recipes for one or two people. There will be no cooking in this program.

Fridays: October 21, 28	1:30 - 3:00 p.m.	Northwood, Halifax Peninsula
Wednesdays: October 26, November 2	1:30 - 3:00 p.m.	Lawrencetown Community Centre, Lawrencetown
Wednesdays: November 2, 9	6:30 - 8:00 p.m.	J.D. Shatford Memorial Public Library, Hubbards
Mondays: November 7, 14	6:30 - 8:00 p.m.	CHT Sackville Drive, Lower Sackville
Tuesdays: November 22, 29	1:30 - 3:00 p.m.	St. John XXIII Parish, Dartmouth
Thursdays: February 2, 9	2:00 - 3:30 p.m.	Johanna B. Oosterveld Centre, Halifax
Tuesdays: February 14, 21	10:00 - 11:30 a.m.	Community Wellness Centre, Spryfield
Fridays: February 17, 24	10:00 - 11:30 a.m.	CHT Tacoma Drive, Dartmouth
Fridays: February 17, 24	10:00 - 11:30 a.m.	CHT Sackville Drive, Lower Sackville



## FOOD, NUTRITION & WEIGHT MANAGEMENT (CONTINUED)

### 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.

Friday, November 18	noon - 1:30 p.m.	Alderney Gate Public Library, Dartmouth
Thursday, December 1	2:00 - 3:30 p.m.	CHT Sackville Drive, Lower Sackville
Friday, December 2	1:30 - 3:00 p.m.	Halifax North Memorial Public Library, Halifax
Monday, December 5	9:30 - 11:00 a.m.	Community Wellness Centre, Spryfield

### How Healthy is your Plate? Eating for Health

Come learn what makes a healthy plate and ideas for how to start improving your diet today!

Wednesday, September 21	1:30 - 3:30 p.m.	CHT Tacoma Drive, Dartmouth
Thursday, November 3	1:00 - 3:00 p.m.	Spencer House, Halifax
Tuesday, November 22	9:30 - 11:30 a.m.	CHT Sackville Drive, Lower Sackville
Tuesday, November 29	7:00 - 9:00 p.m.	Tantallon Public Library, Upper Tantallon
Thursday, January 19	9:30 - 11:30 a.m.	Community Wellness Centre, Spryfield
Wednesday, February 8	10:00 a.m. - noon	CHT Tacoma Drive, Dartmouth
Monday, February 27	1:30 - 3:30 p.m.	CHT Sackville Drive, Lower Sackville

### Introduction to Making the Most of Your Food Dollar

Learn how to get more value and nutrition from your food dollar with meal planning, preparation, and smart shopping tips.

Wednesday, October 12	10:00 - 11:30 a.m.	Good Shepherd Church, Lawrencetown
Friday, January 27	10:00 - 11:30 a.m.	Veith House, Halifax

### Making the Most of Your Food Dollar – 3 Week Program

Join us to discuss money-saving strategies for grocery shopping and meal planning. You'll receive recipes and resources to prepare healthy, lower cost dishes at home. There is no cooking in this series.

Fridays: October 7 - 21	9:30 - 11:00 a.m.	Gordon R. Snow Community Centre, Fall River
Wednesdays: October 19 - November 2	6:00 - 7:30 p.m.	CHT Young Street, Halifax Peninsula
Mondays: October 24 - November 7	6:00 - 7:30 p.m.	CHT Tacoma Drive, Dartmouth
Tuesdays: January 17 - 31	1:30 - 3:00 p.m.	CHT Sackville Drive, Lower Sackville
Mondays: January 23 - February 6	10:00 - 11:30 a.m.	St. Andrews Community Centre, Halifax
Mondays: January 23 - February 6	1:30 - 3:00 p.m.	St. Margaret's Centre, Upper Tantallon

## PHYSICAL ACTIVITY

### Low Intensity 10 - Week Exercise Program

This program is intended for people who are significantly limited physically by chronic health conditions (unable to walk more than 15 minutes without stopping). You will participate in gentle exercises (mostly sitting) and walk indoors at your own pace. Classes are supervised by a physiotherapist and available in four community locations: Canada Games Centre, Clayton Park; East Dartmouth Community Centre, Dartmouth; Saint Antonios Orthodox Church, Halifax; & Knox United Church, Lower Sackville. Please call for more information.

## PHYSICAL ACTIVITY (CONTINUED)

### Don't Hibernate, Participate! NEW

Does your physical activity routine tend to “cool off” with the temperatures? Join the Community Health Team to learn strategies to keep you exercising safely into the colder months.

Friday, October 7	9:30 - 11:30 a.m.	Halifax Central Public Library, Halifax
Friday, October 14	10:00 a.m. - noon	Northbrook Community Centre, Dartmouth
Thursday, October 20	1:00 - 3:00 p.m.	Keshen Goodman Public Library, Clayton Park
Wednesday, November 23	6:30 - 8:30 p.m.	Sackville Public Library, Lower Sackville
Wednesday, January 11	10:00 a.m. - noon	Halifax North Memorial Public Library, Halifax
Wednesday, January 11	6:30 - 8:30 p.m.	Cole Harbour Public Library, Cole Harbour
Friday, January 20	9:30 - 11:30 a.m.	CHT Sackville Drive, Lower Sackville
Tuesday, January 31	7:00 - 9:00 p.m.	Tantallon Public Library, Upper Tantallon
Tuesday, February 7	1:00 - 3:00 p.m.	Chebucto Family Centre, Spryfield (childcare available)

### Ready, Set, Move (Take the whole four - week series or the session that interests you)

Learn about the components of a physical activity program and practice skills in stretching, strengthening, and aerobic exercise. **A participant physical activity screen is required for sessions 2, 3 and 4. Drop in no later than five business days before the program start date to complete this form.**

#### Session 1: Beware your Chair!

Join us as we uncover the impact of sitting on your health and discuss strategies to build more light physical activity into your day. (No physical activity screen required).

Wednesday, October 5	6:00 - 8:00 p.m.	CHT Tacoma Drive, Dartmouth
Friday, October 7	1:30 - 3:30 p.m.	CHT Sackville Drive, Lower Sackville
Monday, October 24	9:30 - 11:30 a.m.	St. Andrews Community Centre, Halifax
Wednesday, January 18	1:30 - 3:30 p.m.	Grace Chapel, Clayton Park
Monday, January 23	10:00 a.m. - noon	CHT Tacoma Drive, Dartmouth
Thursday, January 26	1:30 - 3:30 p.m.	CHT Sackville Drive, Lower Sackville
Wednesday, February 8	9:30 - 11:30 a.m.	Citadel Community Centre, Halifax

#### Session 2: Aerobic Physical Activity Workshop

Learn and practice basic techniques for aerobic physical activity. We will also help you make an action plan and find low or no-cost physical activity resources in your community (physical activity screen required).

Wednesday, October 12	6:00 - 8:00 p.m.	CHT Tacoma Drive, Dartmouth
Friday, October 14	1:30 - 3:30 p.m.	CHT Sackville Drive, Lower Sackville
Monday, October 31	9:30 - 11:30 a.m.	St. Andrews Community Centre, Halifax
Wednesday, January 25	1:30 - 3:30 p.m.	Grace Chapel, Clayton Park
Monday, January 30	10:00 a.m. - noon	CHT Tacoma Drive, Dartmouth
Thursday, February 2	1:30 - 3:30 p.m.	CHT Sackville Drive, Lower Sackville
Wednesday, February 15	9:30 - 11:30 a.m.	Citadel Community Centre, Halifax

### Session 3: Strengthening and Core Stability Workshop

Learn and practice the basic techniques of an effective strength training program so that you can perform these exercises at home (physical activity screen required).

Wednesday, October 19	6:00 - 8:00 p.m.	CHT Tacoma Drive, Dartmouth
Friday, October 21	1:30 - 3:30 p.m.	CHT Sackville Drive, Lower Sackville
Monday, November 7	9:30 - 11:30 a.m.	St. Andrews Community Centre, Halifax
Wednesday, February 1	1:30 - 3:30 p.m.	Grace Chapel, Clayton Park
Monday, February 6	10:00 a.m. - noon	CHT Tacoma Drive, Dartmouth
Thursday, February 9	1:30 - 3:30 p.m.	CHT Sackville Drive, Lower Sackville
Wednesday, February 22	9:30 - 11:30 a.m.	Citadel Community Centre, Halifax

### Session 4: Stretching and Balance Workshop

Learn and practice the basic techniques of stretching and balancing exercises so that you can perform these exercises at home (physical activity screen required).

Wednesday, October 26	6:00 - 8:00 p.m.	CHT Tacoma Drive, Dartmouth
Friday, October 28	1:30 - 3:30 p.m.	CHT Sackville Drive, Lower Sackville
Monday, November 14	9:30 - 11:30 a.m.	St. Andrews Community Centre
Wednesday, February 8	1:30 - 3:30 p.m.	Grace Chapel, Clayton Park
Monday, February 13	10:00 a.m. - noon	CHT Tacoma Drive, Dartmouth
Thursday, February 16	1:30 - 3:30 p.m.	CHT Sackville Drive, Lower Sackville
Wednesday, March 1	9:30 - 11:30 a.m.	Citadel Community Centre

### Physical Activity on a Budget

Learn and practice the many ways to be physically active with little or no cost in this single session. **A participant physical activity screen is required. Please drop in no later than five business days before the program start date to complete this form.**

Tuesday, November 1	6:00 - 8:00 p.m.	Needham Community Centre, Halifax
Friday, November 4	9:30 - 11:30 a.m.	CHT Sackville Drive, Lower Sackville
Friday, January 13	9:30 - 11:30 a.m.	Community Wellness Centre, Spryfield
Friday, February 17	9:30 - 11:30 a.m.	Johanna B. Oosterveld Centre, Halifax
Monday, February 27	1:30 - 3:30 p.m.	CHT Tacoma Drive, Dartmouth
Tuesday, February 28	9:30 - 11:30 a.m.	Ivany Place, Bedford

### Weight Management and Physical Activity 2 - Week Program

In this two-week series, learn the role that physical activity plays in losing weight and keeping it off.

Fridays: October 21, 28	10:00 a.m. - noon	CHT Tacoma Drive, Dartmouth
Wednesdays: November 16, 23	9:00 - 11:00 a.m.	CHT Young Street, Halifax Peninsula
Fridays: November 18, 25	9:30 - 11:30 a.m.	Fairview Family Resource Centre, Fairview (childcare available)
Tuesdays: January 24, 31	5:30 - 7:30 p.m.	CHT Young Street, Halifax Peninsula
Fridays: December 2, 9	9:30 - 11:30 a.m.	CHT Sackville Drive, Lower Sackville
Wednesdays: February 15, 22	10:00 a.m. - noon	CHT Tacoma Drive, Dartmouth



## EMOTIONAL WELLNESS

### Caring for a Senior? This Session is for You!

Come and learn what the community has to offer to help promote the health and wellness of seniors.

Sunday, September 25	1:30 - 2:30 p.m.	Lawrencetown Community Centre, Lawrencetown
----------------------	------------------	---

### Discover Your Personal Strengths

Discover your character strengths through activities and learn the benefits of applying them in life situations.

Tuesday, September 27	6:30 - 8:30 p.m.	Woodlawn Public Library, Dartmouth
Monday, October 3	9:30 - 11:30 a.m.	CHT Sackville Drive, Lower Sackville
Wednesday, October 19	1:00 - 3:00 p.m.	Lake City Employment Services, Dartmouth
Friday, October 21	9:30 - 11:30 a.m.	Community Wellness Centre, Spryfield
Thursday, October 27	6:00 - 8:00 p.m.	Halifax North Memorial Public Library, Halifax
Tuesday, November 22	1:30 - 3:30 p.m.	CHT Sackville Drive, Lower Sackville
Friday, January 20	10:00 a.m. - noon	CHT Young Street, Halifax Peninsula
Friday, February 3	9:30 - 11:30 a.m.	CHT Sackville Drive, Lower Sackville
Wednesday, February 15	1:00 - 3:00 p.m.	St. Margaret's Centre, Upper Tantallon
Wednesday, February 15	1:30 - 3:30 p.m.	CHT Tacoma Drive, Dartmouth

### 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.

Friday, September 30	noon - 2:00 p.m.	Alderney Public Library, Dartmouth
Monday, October 3	6:30 - 8:30 p.m.	Prospect Road Community Centre, Hatchet Lake
Wednesday, October 26	1:30 - 3:30 p.m.	CHT Sackville Drive, Lower Sackville
Thursday, November 10	1:30 - 3:30 p.m.	TEAM Work Cooperative Ltd, Halifax
Tuesday, November 29	6:30 - 8:30 p.m.	Woodlawn Public Library, Dartmouth
Tuesday, December 6	noon - 2:00 p.m.	Veith House, Halifax
Thursday, January 12	1:30 - 3:30 p.m.	Captain William Spryfield Public Library, Spryfield
Tuesday, January 31	9:30 - 11:30 a.m.	CHT Sackville Drive, Lower Sackville
Tuesday, February 21	4:30 - 6:30 p.m.	CHT Young Street, Halifax Peninsula

### Introduction to Living with Stress

Understand and explore a variety of stress management techniques and make a plan for how to make these strategies work in your life.

Tuesday, September 27	6:30 - 8:30 p.m.	Bedford Hammonds Plains Community Center, Bedford
Wednesday, September 28	1:00 - 3:00 p.m.	CHT Tacoma Drive, Dartmouth
Wednesday, September 28	1:30 - 3:30 p.m.	TEAM Work Cooperative Ltd, Halifax
Tuesday, October 18	6:30 - 8:30 p.m.	Woodlawn Public Library, Dartmouth
Monday, November 14	9:30 - 11:30 a.m.	Lakeside Community Centre, Timberlea
Wednesday, November 16	6:00 - 8:00 p.m.	CHT Young Street, Halifax Peninsula
Tuesday, November 29	6:30 - 8:30 p.m.	Bedford Public Library, Bedford
Thursday, January 19	1:00 - 3:00 p.m.	Keshen Goodman Public Library, Clayton Park
Thursday, January 26	1:30 - 3:30 p.m.	Johanna B. Oosterveld Centre, Halifax
Tuesday, February 28	10:00 a.m. - noon	CHT Tacoma Drive, Dartmouth

## EMOTIONAL WELLNESS (CONTINUED)

### Living with Stress: Skills for Life 4 - Week Program

This four week program explores skills you can use to stop letting stress be a barrier to living the life you value.

Mondays: January 16 - February 6	1:30 - 3:30 p.m.	CHT Tacoma Drive, Dartmouth
Mondays: January 23 - February 13	9:30 -11:30 a.m.	Community Wellness Centre, Spryfield
Fridays: February 3 - 24	9:30 -11:30 a.m.	CHT Young Street, Halifax Peninsula
Tuesdays: February 7 - 28	1:30 - 3:30 p.m.	CHT Sackville Drive, Lower Sackville

### Renovate Your Relationships 2 - Week Program

Our lives are full of relationships with other people. Join us for group activities to help you find ways to nurture relationships in your life.

Tuesdays: October 18, 25	1:00 - 3:00 p.m.	Chebucto Family Centre, Spryfield (childcare available)
Wednesdays: November 2, 9	10:00 a.m. - noon	Halifax Central Public Library, Halifax
Thursdays: November 10, 17	9:30 -11:30 a.m.	Memory Lane Family Place, Lower Sackville (childcare available)
Wednesdays: November 23, 30	10:00 a.m. - noon	CHT Tacoma Drive, Dartmouth
Tuesdays: January 17, 24	9:30 -11:30 a.m.	Ivany Place, Bedford
Fridays: February 3, 10	9:30 -11:30 a.m.	Fairview Family Resource Centre, Fairview (childcare available)
Tuesdays: February 7, 14	1:30 - 3:30 p.m.	CHT Young Street, Halifax Peninsula
Tuesdays: February 14, 21	1:30 - 3:30 p.m.	CHT Tacoma Drive, Dartmouth

### Mental Health First Aid Canada – Adults Interacting with Youth (IWK)

Mental Health First Aid is help 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 sessions is required.

Fridays: October 7 - 28	9:00 - 12:30 p.m.	CHT Young Street, Halifax Peninsula
Mondays: November 21 & 28	9:00 - 5:00 p.m.	Sackville Public Library, Lower Sackville
Fridays: January 27 - February 17	9:00 -12:30 p.m.	Community Wellness Centre, Spryfield

## PARENTING

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

This program focuses on improving your child's social and emotional skills and reducing behavioural problems. It is for parents of children who are 6-12 years old. **Limited childcare available. Call 902-470-3817 to register.**

Tuesdays: September 27 - December 13	6:30 - 8:30 p.m.	East Dartmouth Community Centre, Dartmouth
Wednesdays: September 28 - December 14	9:30 -11:30 a.m.	Fairview Family Resource Centre, Fairview
Wednesdays: September 28 - December 14	6:30 - 8:30 p.m.	Sackville Boys & Girls Club, Lower Sackville
Wednesdays: September 28 - December 14	6:30 - 8:30 p.m.	Veith House, Halifax
Thursdays: September 29 - December 15	6:30 - 8:30 p.m.	Chebucto Family Centre, Chebucto
Wednesdays: January 25 - April 12	6:30 - 8:30 p.m.	Sackville Boys & Girls Club, Lower Sackville

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

This program focuses on improving your child's social and emotional skills and reducing behavioural problems. It is for parents of children who are 3-6 years old. **Limited childcare available. Call 902-470-3817 to register.**

Wednesdays: September 21 - December 21	9:30 -11:30 a.m.	Memory Lane Family Place, Lower Sackville
Thursdays: January 26 - April 27	9:30 -11:30 a.m.	Salvation Army, Dartmouth

## PARENTING (CONTINUED)

### 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: October 25, November 1	6:30 - 8:30 p.m.	Robert Kempt Turner Elementary, Cole Harbour
Thursdays: October 27, November 3	9:00 - 11:00 a.m.	Beaver Bank Kinsac Community Centre, Beaver Bank
Tuesdays: November 1, 8	9:30 - 11:30 a.m.	Chebucto Family Centre, Spryfield (childcare available)
Mondays: November 28, December 5	6:00 - 8:00 p.m.	Ecole Beaubassin, Bedford (childcare available)
Thursdays: January 5, 12	9:30 - 11:30 a.m.	NSECDIS-Progress Centre, Halifax

### Parenting your Teenager – Walking the Middle Path (IWK Mental Health & Community Health Team) NEW

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

Saturday, October 1	9:30 - 4:30 p.m.	Community Wellness Centre, Spryfield
Saturday, November 5	9:30 - 4:30 p.m.	MacPhee Centre for Creative Learning, Dartmouth

### Toddlers at the Table – Tips for Healthy and Happy Meals

Meal times can be challenging with a toddler. Learn about healthy eating guidelines and tips for making mealtimes more enjoyable for everyone.

Wednesday, September 28	1:30 - 3:00 p.m.	Johanna B. Oosterveld Centre, Halifax
Friday, October 7	9:30 - 11:00 a.m.	St. Margaret's Centre, Upper Tantallon
Saturday, October 29	2:30 - 4:00 p.m.	Dartmouth North Public Library, Dartmouth
Thursday, November 3	6:30 - 8:00 p.m.	CHT Sackville Drive, Lower Sackville
Tuesday, November 22	1:30 - 3:00 p.m.	Chebucto Family Centre, Spryfield (childcare available)
Wednesday, December 7	9:30 - 11:00 a.m.	NSECDIS-Progress Centre, Halifax
Friday, January 27	10:00 - 11:30 a.m.	Gordon R. Snow Community Centre, Fall River

## PARTNER PROGRAMS

The Community Health Teams provide free space to community groups to offer their programs and services. The following programs are offered by these partners. For more information, please refer to the contact information below.

### Anger Control Training - Self Help Connection

This drop in group helps people understand the difference between anger and aggression, where it comes from, coping skills and problem solving. To register call 902-466-2011 ext.14 or [stevedeveau@selfhelpconnection.ca](mailto:stevedeveau@selfhelpconnection.ca).

Mondays: September 12 to October 24	2:00 - 4:00 p.m.	East Dartmouth Community Centre, Dartmouth
-------------------------------------	------------------	--

### Arthritis Lifestyle Six Week Makeover Challenge - The Arthritis Society

Join this program featuring various health providers to gain knowledge, skills and confidence to take control of your arthritis.

To register, call 902-429-7025 or online [info@ns.arthritis.ca](mailto:info@ns.arthritis.ca).

Wednesdays: September 14 - October 19	2:00 - 4:00 p.m.	CHT Sackville Drive, Lower Sackville
Tuesdays: November 1 - December 6	2:00 - 4:00 p.m.	Community Wellness Centre, Spryfield

### Beginners Yoga 4 -Week Program - Halifax Yoga

Explore the power and strength in your body as you discover the healing of the ancient practice of yoga. Limited mats available for use.

Space is limited, registration happens on a, first come first serve, basis on October 26.

Wednesdays: October 26 - November 16	10:00 - 11:00 a.m.	CHT Tacoma Drive, Dartmouth
--------------------------------------	--------------------	-----------------------------



### **Bereavement Support Group - Dartmouth General Hospital, Nova Scotia Health Authority**

If you have lost a loved one in the past year, this group is a chance to talk with other bereaved people and offer a positive experience. **To register call Pamela at 902-465-8472.**

Wednesdays: September 21 - November 16	6:00 - 8:00 p.m.	East Dartmouth Community Centre, Dartmouth
--	------------------	--

### **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. **Call 902-421-7390 to register.**

Wednesdays: September 7, 21, October 5, 19, November 2, 16, December 7, 21, January 4, 18, February 1 & 15	1:00 - 3:00 p.m.	East Dartmouth Community Centre, Dartmouth
---	------------------	--

Thursdays: September 8, October 13, November 10, December 8, January 12, February 9	2:00 - 4:00 p.m.	CHT Young Street, Halifax Peninsula
---	------------------	-------------------------------------

Tuesdays: September 20, October 18, November 15, December 20, January 17, February 21	1:00 - 3:00 p.m.	Community Wellness Centre, Spryfield
---	------------------	--------------------------------------

### **Caring for Aging Family Members - Seniors Mental Health, Nova Scotia Health Authority**

Do you wonder what community resources exist for seniors and how to access them? We will provide some answers to these questions and share ideas on ways to assist the aging adult. **No registration required. Call 902-464-6054 for more information.**

Monday, September 26	6:30 - 7:30 p.m.	CHT Sackville Drive, Lower Sackville
----------------------	------------------	--------------------------------------

### **Chronic Pain Management Workshop – The Arthritis Society**

This program will help you improve your understanding of chronic pain, introduce different coping methods and encourage an active role in managing your pain. This program is also for others who support people with chronic pain. **Call 902-429-7025 or online at [info@ns.arthritis.ca](mailto:info@ns.arthritis.ca).**

Monday, October 17	2:00 - 4:00 p.m.	CHT Young Street, Halifax Peninsula
--------------------	------------------	-------------------------------------

### **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 as well as receive support. **E-mail [therese@chebucto.ns.ca](mailto:therese@chebucto.ns.ca) or call 902-435-3456 between 3:00 and 7:30 pm.**

Mondays: September 12, October 17, November 14, December 5, January 16 & February 13	6:30 - 8:30 p.m.	CHT Tacoma Drive, Dartmouth
--	------------------	-----------------------------

### **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. **To make an appointment call (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 21	2:00 - 4:00 p.m.	CHT Tacoma Drive, Dartmouth
---------------------	------------------	-----------------------------

### **Exercise Control Over Arthritis - The Arthritis Society**

Come join The Arthritis Society for this free program to learn why physical activity and exercise is an essential part of managing your disease and chronic pain. **To register call 902-429-7025 or online at [info@ns.arthritis.ca](mailto:info@ns.arthritis.ca).**

Monday, September 19	2:00 - 4:00 p.m.	CHT Tacoma Drive, Dartmouth
----------------------	------------------	-----------------------------

Thursday, November 24	2:00 - 4:00 p.m.	CHT Young Street, Halifax Peninsula
-----------------------	------------------	-------------------------------------

Wednesday, January 19	10:00 a.m. - noon	CHT Sackville Drive, Lower Sackville
-----------------------	-------------------	--------------------------------------

Thursday, February 9	2:00 - 4:00 p.m.	Community Wellness Centre, Spryfield
----------------------	------------------	--------------------------------------

### Family Caregiver Education Series - Alzheimer Society of Nova Scotia

This series is for people caring for family members recently diagnosed with dementia. It provides information and strategies for families' changing needs. **To register please call Heather at 902-422-7961 ext. 243.**

Thursdays: October 27 - December 1	1:00 - 3:00 p.m.	CHT Tacoma Drive, Dartmouth
------------------------------------	------------------	-----------------------------

### "Free Money" Registered Disability Savings Plan / Disability Tax Credits - Bill Hildreth, Brian Injury Association of Nova Scotia

If you or a family member has a disability you may be eligible for Disability Tax Credits up to \$50,000 and up to \$90,000 Registered Disability Savings Plan bonds and grants. **Register at 902-209-2183, or bill@billhildreth.com.**

Wednesday, September 14	6:30 - 8:30 p.m.	CHT Young Street, Halifax Peninsula
Wednesday, October 12	6:30 - 8:30 p.m.	CHT Sackville Drive, Lower Sackville
Wednesday, November 2	6:30 - 8:30 p.m.	CHT Tacoma Drive, Dartmouth
Wednesday, December 7	2:00 - 4:00 p.m.	Community Wellness Centre, Spryfield

### Friend Zone - Laing House

A chill peer-led drop-in social group for youth aged 16-19 years living with mental disorders/illness. Have fun with new peeps where you choose the activities each month! No registration required. **For more info call Adrienne at 902-425-9018 X 224**

Mondays: September 12, October 17, November 21, December 19, January 16, February 13	6:00 - 8:00 p.m.	CHT Sackville Drive, Lower Sackville
--	------------------	--------------------------------------

### Geriatric Navigator - Nova Scotia Health Authority

The Dartmouth Geriatric Navigator provides functional assessments and assistance connecting with health care and community supports for seniors aged 65 and older residing in Dartmouth and some outlying areas. **For questions or to arrange a visit, please call 902-465-8446.**

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

The holidays are right around the corner and it is never too late to try to save money. **Call Tamara Kelly at 888-753-2227 ext 219.**

Thursday, November 17	9:30 -11:30 a.m.	CHT Sackville Drive, Lower Sackville
Wednesday, November 23	2:00 - 3:00 p.m.	CHT Young Street, Halifax Peninsula

### Getting Your Financial House in Order - Credit Counselling Services of Atlantic Canada

Need to get your finances in order, make a budget or start saving? **Call Tamara Kelly at 888-753-2227 ext 219.**

Thursday, October 20	1:00 - 2:00 p.m.	CHT Tacoma Drive, Dartmouth
Thursday, October 27	11:00 a.m. - noon	Community Wellness Centre, Spryfield

### Introduction to Nordic Pole Walking – Nordic Walking Nova Scotia

Our certified instructors will introduce you to this accessible and inexpensive activity that can help you improve and maintain your health. **To register, contact Bill VanGorder at Bill@NordicWalkingNovaScotia.ca.**

Friday, September 2	2:00 - 4:00 p.m.	CHT Sackville Drive, Lower Sackville
Tuesday, September 6	10:00 a.m. - noon	CHT Young Street, Halifax Peninsula
Thursday, September 8	10:00 a.m. - noon	Community Wellness Centre, Spryfield
Thursday, September 8	1:00 - 3:00 p.m.	CHT Tacoma Drive, Dartmouth
Wednesday, November 2	2:00 - 4:00 p.m.	CHT Tacoma Drive, Dartmouth
Thursday, November 3	2:00 - 4:00 p.m.	CHT Sackville Drive, Lower Sackville
Friday, November 4	10:00 a.m. - noon	CHT Young Street, Halifax Peninsula
Monday, November 7	10:00 a.m. - noon	Community Wellness Centre, Spryfield
Monday, February 6	2:00 - 4:00 p.m.	CHT Young Street, Halifax Peninsula
Monday, February 13	2:00 - 4:00 p.m.	CHT Sackville Drive, Lower Sackville
Tuesday, February 14	10:00 a.m. - noon	CHT Tacoma Drive, Dartmouth
Tuesday, February 21	2:00 - 4:00 p.m.	Community Wellness Centre, Spryfield

### **I'm Retired...Now What? - Seniors Mental Health, Nova Scotia Health Authority**

Retirement involves change in your feeling of identity, finances and lifestyle. Come explore strategies to put the gold into the Golden Years! **No registration is required. Call (902)-464-6054 for more information.**

Friday, January 27	2:00 - 3:00 p.m.	CHT Sackville Drive, Lower Sackville
--------------------	------------------	--------------------------------------

### **Manage Your Hypertension - Brenda Tucker R.N., Cert.AEd.**

A self-management program for people with high blood pressure or at risk of developing it. **To register, call Brenda Tucker at 902-462-7006.**

Wednesdays: October 5 - 26	1:30 - 3:45 p.m.	CHT Tacoma Drive, Dartmouth
----------------------------	------------------	-----------------------------

### **Mindfulness Drop-in Practice Group - Atlantic Contemplative Centre**

A weekly drop-in group to practice mindfulness and to explore its benefits to health, well-being and managing the pace of life. **No Registration required. For more information call John Dicks at 902-817-1620.**

Thursdays (No sessions Dec 22, 29, January 5, 12)	12:15 - 1:15 p.m.	CHT Young Street, Halifax Peninsula
--	-------------------	-------------------------------------

Thursdays (No session December 29)	4:00 - 5:00 p.m.	CHT Tacoma Drive, Dartmouth
---------------------------------------	------------------	-----------------------------

### **Multiple Sclerosis Peer Support Health Group - MS Society of Canada**

Peer support for those affected by Multiple Sclerosis to meet, share and receive support. **Call Valerie at 902-468-8230 ext 1011**

Fridays: September 16, October 21, November 18, December 16, January 20, February 17	1:00 - 3:30 p.m.	CHT Tacoma Drive, Dartmouth
--	------------------	-----------------------------

### **Noon Meditation – Yvonne Macor at Meditate Canada / Art of Living Foundation**

Experience guided meditation including introduction to various techniques, and how to practice on your own. Attend one or all sessions. **For information, call Yvonne Macor at 902-431-0111.**

Tuesdays: September 13 - December 6 (No meditation November 1)	11:30 a.m. - 12:30 p.m.	Community Wellness Centre, Spryfield
---	-------------------------	--------------------------------------

Wednesdays: January 18 - February 22	11:30 a.m. - 12:30 p.m.	Community Wellness Centre, Spryfield
--------------------------------------	-------------------------	--------------------------------------

### **Ostomy Support Group - Ostomy Halifax Society**

This group offers 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.**

Wednesdays: September 28, October 26, November 30, January 25, February 22	1:00 - 3:00 p.m.	East Dartmouth Community Centre, Dartmouth
--	------------------	--

Thursdays; September 29, October 27, December 1, January 26, February 23	6:00 - 8:00 p.m.	East Dartmouth Community Centre, Dartmouth
--	------------------	--

### **Pain Self-Management 5 Week Program - Capital Health Rehabilitation & Supportive Care Services**

This five-week program introduces strategies to manage chronic pain. **To register call Kerry MacSwain at (902)-473-5471.**

Tuesdays: September 20 - October 18	2:00 - 4:15 p.m.	CHT Tacoma Drive, Dartmouth
-------------------------------------	------------------	-----------------------------

### **Personal Directive: What is it and how do I create one? - Ethics Support, Nova Scotia Health Authority**

Learn why personal directives are important, what may be included, and where to go for resources to create your own. **To register call Kim at 902-473-4753.**

Thursday, September 22	1:00 - 3:00 p.m.	CHT Sackville Drive, Lower Sackville
------------------------	------------------	--------------------------------------

Thursday, October 13	1:00 - 3:00 p.m.	CHT Tacoma Drive, Dartmouth
----------------------	------------------	-----------------------------

Thursday, November 3	2:00 - 4:00 p.m.	CHT Young Street, Halifax Peninsula
----------------------	------------------	-------------------------------------

Thursday, January 26	1:00 - 3:00 p.m.	Community Wellness Centre, Spryfield
----------------------	------------------	--------------------------------------



### Peer Support Group for Eating Disorder Recovery – Eating Disorders Nova Scotia

This 12-week peer support group is for anyone at any stage of recovery from an eating disorder. The group is led by trained facilitators who have fully recovered from an eating disorder. **Call 902-229-8436 or [info@eatingdisordersns.ca](mailto:info@eatingdisordersns.ca) to register.**

Tuesdays: October 4 - December 20

6:00 - 8:00 p.m.

CHT Young Street, Halifax Peninsula

### Scents and Sensitivity: Managing Multiple Chemical Sensitivity and 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:

6:00 - 7:00 p.m.

CHT Tacoma Drive, Dartmouth

September 15, October 20, November 17,  
December 15, January 19 & February 16

### Stop Smoking 5-Week Program - Addictions & Mental Health Program, Nova Scotia Health Authority

This program is for anyone, whether you want to stop, cut down, or are simply looking for reliable information about tobacco use. **Call 902-424-8866 for more information.**

Mondays: October 17 - November 14

6:30 - 7:30 p.m.

East Dartmouth Community Centre, Dartmouth

### Taoist Tai Chi-4 Week Introductory Program - Certified Tai Chi Instructor

Taoist Tai Chi exercises the entire physiology gently, improves balance and circulation, and calms the mind. Space is limited.

**To register email [flkhalifax@gmail.com](mailto:flkhalifax@gmail.com) indicating the date you wish to register for.**

Tuesdays: September 20 - October 11

10:00 -11:00 a.m.

CHT Tacoma Drive, Dartmouth

Tuesdays: January 10 - 31

10:00 -11:00 a.m.

CHT Tacoma Drive, Dartmouth

Wednesdays: January 18 - February 8

4:30 - 5:30 p.m.

CHT Young Street, Halifax Peninsula

### Understanding Arthritis and Managing Fatigue - The Arthritis Society

Get a better understanding of what arthritis is, how it affects your body and what techniques you can try to manage fatigue and live an active life.

**To register call 902-429-7025 or online [info@ns.arthritis.ca](mailto:info@ns.arthritis.ca)**

Monday, November 7

10:00 a.m. - noon

CHT Sackville Drive, Lower Sackville

Thursday, February 16

1:00 - 3:00 p.m.

CHT Tacoma Drive, Dartmouth

### Understanding Arthritis and the Benefits of Healthy Eating - The Arthritis Society

Learn more about how your food choices may play a role in the management of your arthritis. **Call 902-429-7025 or email [info@ns.arthritis.ca](mailto:info@ns.arthritis.ca).**

Thursday, October 6

10:00 a.m. - noon

CHT Tacoma Drive, Dartmouth

Monday, January 16

2:00 - 4:00 p.m.

CHT Young Street, Halifax Peninsula

### Your Way to Wellness - Primary Health Care, Nova Scotia Health Authority

A six week program led by trained peers to help people with ongoing health conditions learn skills for living a healthy life. **Call 902-473-7709.**

Wednesdays: September 21 - October 26

6:00 - 8:30 p.m.

Grace Chapel, Clayton Park

Tuesdays: October 25 - November 29

6:00 - 8:30 p.m.

CHT Tacoma Drive, Dartmouth

Tuesdays: October 4 - November 8

10:00 a.m. - 12:30 p.m.

Vineyard Ministry Centre, Middle Sackville

**No Scent  
is Good Sense**



## COMMUNITY LOCATIONS

### Bedford/Sackville

#### Community Health Team (CHT)

#### 833 Sackville Drive, Lower Sackville (upper level)

Serving the communities of Beaver Bank, Fall River, Hammonds Plains, Sackville, and Waverley.

Beaver Bank	Beaver Bank Kinsac Community Centre (multipurpose room), 1583 Beaver Bank Road
	Beaver Bank Kinsac Elementary, 28 Beaver Bank Road
Bedford	Bedford Public Library, 15 Dartmouth Road
	Ecole Beaubassin, 54 Larry Uteck Blvd.
Fall River	Gordon R. Snow Community Centre, 1359 Fall River Road
	St. John's United Church, 3360 Highway #2 Fall River (just past Sobeys)
Hammonds Plains	Bedford-Hammonds Plains Community Centre, 22 Innovation Drive ( attached to CP Allen High School)
	Ivany Place (Northwood), 123 Gary Martin Drive (Behind the BMO Centre)
Lower Sackville	Boys & Girls Club, Sackville Heights Community Centre, 45 Connolly Road
	Community Health Team Sackville Drive, 833 Sackville Drive (upper level)
	Knox United Church, 567 Sackville Drive
	Memory Lane Family Place, 22 Memory Lane
	Sackville Heights Community Centre, 45 Connolly Road 
	Sackville Public Library, 636 Sackville Drive
Middle Sackville	Vineyard Ministry Centre, 1129 Sackville Drive (entrance at back of building)

### Chebucto (Halifax Mainland)

#### Community Health Team (CHT)

#### Community Wellness Centre, 16 Dentith Road, Halifax

Serving the communities of 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

Clayton Park	Canada Games Centre, 26 Thomas Raddall Drive
	Grace Chapel, 255 Ross Street
	Keshen Goodman Public Library, 330 Lacewood Drive
Fairview	Fairview Family Resource Centre, 6 Titus Street
Hatchet Lake	Prospect Road Community Centre, 2141 Prospect Road
Lakeside	Lakeside Community Centre, 1492 St. Margaret's Bay Road
Spryfield	Bowlarama, 16 Dentith Road (backside of the Spryfield Shopping Centre)
	Captain William Spryfield Public Library, 16 Sussex Street
	Chebucto Family Centre, 3 Sylvia Avenue
	Community Wellness Centre, 16 Dentith Road
	ECHO Hub, 531 Herring Cove Road
Upper Tantallon	St. Margaret's Centre, 12 Westwood Blvd
	Tantallon Public Library, 3646 Hammonds Plains Road (Hubley Centre)

## Dartmouth Community Health Team (CHT) 58 Tacoma Drive, Dartmouth

Serving the communities of Dartmouth, Cole Harbour, Eastern Passage, Lawrencetown, Mineville, North and East Preston.

Cole Harbour	Cole Harbour Public Library, 51 Forest Hills Parkway
	Robert Kempt Turner Elementary, Circassion Drive <b>NEW</b>
Dartmouth	Alderney Gate Public Library, 60 Alderney Drive
	Community Health Team Tacoma Drive, 58 Tacoma Drive
	Dartmouth North Public Library, 105 Highfield Park Dr.
	Dartmouth Salvation Army, 171 Main Street <b>NEW</b>
	East Dartmouth Community Centre, 50 Caledonia Road
	Lake City Employment Services, 386 Windmill Road
	MacPhee Centre for Creative Learning, 50 Queen Street <b>NEW</b>
	Northbrook Community Centre, 2 Chapman Street
	St.John XXIII Parish, 35 Colby Drive
	Woodlawn Public Library, 31 Eisener Boulevard
Eastern Passage	Tallahassee Community Centre, 168 Redoubt Way
Lawrencetown	Good Shepherd Church, 3621 Lawrencetown Road
	Lawrencetown Community Centre, 3657 Lawrencetown Road

## Halifax Peninsula Community Health Team(CHT) Suite 105 6080 Young Street, Halifax

Serving the communities of downtown, north end, south end, and west end Halifax.

Halifax	Citadel Community Centre, 1955 Trollope Street
	Halifax Central Public Library, 5440 Spring Garden Road
	Halifax North Memorial Public Library, 2285 Gottigen Street
	Johanna B. Oosterveld Centre, 2165 Gottingen Street <b>NEW</b>
	Needham Community Centre, 3372 Devonshire Avenue
	Northwood (Edward L Roach Building), 2615 Northwood Terrace
	NSECDIS-Progress Centre, 3530 Novalea Drive <b>NEW</b>
	Spencer House, 5596 Morris Street
	St. Andrews Community Centre, 3380 Barnstead Lane
	St. Antonios Community and Cultural Centre, 3141 Chebucto Road
	TEAM Work Cooperative, 7071 Bayers Road
	Veith House, 3115 Veith Street