

PARENTING PROGRAMS FALL 2024 / WINTER 2025

Register Now!

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
If you have any questions, call the Community Health Teams at 902-460-4560

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.

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



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, Sept 17-Dec 17 6:00-8:00 pm Online Zoom Program
Wednesdays, Jan 8-April 16 (No session Mar 12) 9:30-11:30 am Halifax CHT

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
Thursdays, Jan 9-April 3 (No session Mar 13) 6:00-8:00 pm Bedford/Sackville CHT

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
Mondays, Nov 18 & 25 1:00-3:00 pm Saint John's United Church Fall River
Mondays, Jan 6 & 13 10:00-noon Online Zoom Program



All programs offered for free via Zoom for Healthcare or In Person by

PARENTING YOUR TEEN - WALKING THE MIDDLE PATH

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.

Saturday, Nov 16 9:00 am-4:00 pm Halifax CHT

PARENTING YOUR TEEN – 1 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.

Thursday, Oct 3 6:30-8:00 pm Kiwanis Club of Dartmouth
Wednesday, Dec 4 noon-1:30 pm Online Zoom Program
Tuesday, Feb 11 10:00-11:30 am Spryfield Wellness Centre



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
Mondays, Jan 6-Feb 3 9:30-11:30 am Sackville Heights Community Centre

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.**

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



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

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.

Thursday, Jan 21 10:00-11:00 am - Behaviour 101: Respond effectively to kids' behaviour and keep things calm at home.
Thursday, Jan 28 10:00-11:00 am - Screen Time 101: Learn about risks and benefits of screen time and how to manage at home.
Thursday, Feb 4 10:00-11:00 am - Move More: Learn how to get your family to move more for better health.
Thursday, Feb 11 10:00-11:00 am - Health Eating 101: Learn about healthy eating strategies for your family.