

The Community Health Teams provide **FREE** programs and services that can help you and your patients!

Wellness Programs:

Do your patients need support to reduce or improve common health risks? We offer programs that can help, such as:

- Hearth Healthy Living – Know Your Numbers
- Prediabetes
- Building Better Sleep
- Discovering Your Best Weight 4 Week Program
- My Child is Anxious? Should I worry?
- Parenting programs – Incredible Years
- Living with Stress 4 Week Series
- Making the Most of Your Food Dollar 3 Week Program
- Low Intensity Exercise Program (see back page for more information)
- And many more!

Wellness Navigation:

Do you have patients with complex needs? Your patients can meet with a Wellness Navigator at a convenient public location (or by phone if appropriate) if they need individual support to:

- Work through struggles around health, housing, money, or community connections
- Get connected with health and community resources
- Prioritize health goals and work through the action steps
- Build self management skills to better live with a chronic health condition

Programs and services are offered at our 4 locations below, as well as many locations throughout the community such as public libraries and community centres:

Bedford/Sackville Community Health Team

833 Sackville Drive, Lower Sackville

Dartmouth Community Health Team

58 Tacoma Drive, Dartmouth

Chebucto Community Health Team

16 Dentith Road, Spryfield

Halifax Peninsula Community Health Team

6080 Young Street, Halifax