

Community Health Teams

FREE
**HEALTH &
WELLNESS
PROGRAMS**
902-460-4560

Photo courtesy of John Archambault

March - August 2017

Register now

How to Register:

- 902-460-4560
- Drop in
- www.communityhealthteams.ca



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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

Seniors Spring Social

Join the Community Health Team and the Sackville Public Library for a morning of entertainment and conversation! Drop by for a few minutes or stay for the whole morning. Refreshments will be served. No registration required.

Tuesday, June 13

10:00 a.m. - noon

Sackville Public Library, Lower Sackville

Painting with the Community Health Team

Join the Community Health Team to paint a tile and connect with other community members. Tiles will be displayed as part of an art project in our program room.

Tuesday, March 28

10:00 - 11:30 a.m.

CHT Young Street, Halifax Peninsula

REDUCING YOUR HEALTH RISKS

Building Better Sleep

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

Thursday, April 6	6:00 – 8:00 p.m.	CHT Young Street, Halifax Peninsula
Monday, April 24	10:00 a.m. – noon	CHT Tacoma Drive, Dartmouth
Wednesday, May 31	2:00 – 4:00 p.m.	Parkland Clayton Park, Clayton Park
Thursday, June 1	6:00 – 8:00 p.m.	CHT Sackville Drive, Lower Sackville
Friday, June 9	10:00 a.m. – noon	Halifax Central Public Library (room 301), Halifax
Tuesday, July 18	1:30 – 3:30 p.m.	CHT Tacoma Drive, Dartmouth
Wednesday, July 19	10:00 a.m. – noon	Prospect Road Community Centre, Hatched Lake
Tuesday, July 25	1:30 – 3:30 p.m.	CHT Sackville Drive, Lower Sackville

Community Health Team Drop-in

For people who would like extra support with their goals to achieve better health. Drop by anytime between 8:30-10:00am on the following dates and locations.

Bedford/Sackville

Fridays: March 31, April 28, May 26, June 23, July 14, August 18	8:30 – 10:00 a.m.	CHT Sackville Drive, Lower Sackville
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Chebucto

Fridays: March 24, April 21, May 19, June 23, July 28, August 25	8:30 – 10:00 a.m.	Community Wellness Centre, Spryfield
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Dartmouth

Fridays: March 17, April 21, May 19, June 16, July 14, August 18	8:30 – 10:00 a.m.	CHT Tacoma Drive, Dartmouth
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Halifax Peninsula

Fridays: March 3, April 7, May 5, June 2, July 7, August 4	8:30 – 10:00 a.m.	CHT Young Street, Halifax Peninsula
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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.

Thursdays: March 2, 9	10:00 a.m. – noon	St. Margaret's Centre, Upper Tantallon
Fridays: April 28, May 5	10:00 a.m. – noon	Tallahassee Community Centre, Eastern Passage
Thursdays: May 4, 11	9:30 – 11:30 a.m.	CHT Sackville Drive, Lower Sackville
Wednesdays: May 31, June 7	1:30 – 3:30 p.m.	Johanna B. Oosterveld Centre, Halifax
Mondays: June 5, 12	6:30 – 8:30 p.m.	Lakeside Community Centre, Timberlea
Mondays: June 19, 26	1:30 – 3:30 p.m.	CHT Tacoma Drive, Dartmouth
Tuesdays: June 20, 27	1:30 – 3:30 p.m.	CHT Sackville Drive, Lower Sackville
Mondays: July 17, 24	9:30 – 11:30 a.m.	CHT Young Street, Halifax Peninsula
Mondays: August 21, 28	6:00 – 8:00 p.m.	CHT Tacoma Drive, Dartmouth
Thursdays: August 24, 31	9:30 – 11:30 a.m.	CHT Sackville Drive, Lower Sackville

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.

Thursday, March 23	10:00 - 11:00 a.m.	Nutrition & Weight Management - Community Wellness Centre, Spryfield
Monday, April 24	9:30 - 10:30 a.m.	Physical Activity - CHT Sackville Drive, Lower Sackville
Friday, April 28	10:00 - 11:00 a.m.	Emotional Wellness - CHT Tacoma Drive, Dartmouth
Friday, May 12	1:30 - 2:30 p.m.	Emotional Wellness - Community Wellness Centre, Spryfield
Tuesday, May 16	10:00 - 11:00 a.m.	Physical Activity - CHT Young Street, Halifax Peninsula
Monday, May 29	10:30 - 11:30 a.m.	Physical Activity - CHT Tacoma Drive, Dartmouth
Wednesday, May 31	9:30 - 10:30 a.m.	Nutrition & Weight Management - CHT Sackville Drive, Lower Sackville
Friday, June 2	10:00 - 11:00 a.m.	Emotional Wellness - CHT Young Street, Halifax Peninsula
Thursday, June 8	2:00 - 3:00 p.m.	Emotional Wellness - CHT Sackville Drive, Lower Sackville
Monday, July 10	10:00 - 11:00 a.m.	Nutrition & Weight Management - CHT Young Street, Halifax Peninsula
Friday, July 14	9:30 - 10:30 a.m.	Physical Activity - Community Wellness Centre, Spryfield
Tuesday, July 25	10:00 - 11:00 a.m.	Nutrition & Weight Management - CHT Tacoma Drive, Dartmouth

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, March 29	8:30 - 11:30 a.m.	CHT Sackville Drive, Lower Sackville
Wednesday, April 5	8:30 - 11:30 a.m.	CHT Sackville Drive, Lower Sackville
Wednesday, April 19	8:30 - 11:30 a.m.	CHT Sackville Drive, Lower Sackville
Wednesday, May 3	8:30 - 11:30 a.m.	CHT Sackville Drive, Lower Sackville
Wednesday, May 17	8:30 - 11:30 a.m.	CHT Sackville Drive, Lower Sackville
Saturday, June 3	8:30 - 11:30 a.m.	CHT Sackville Drive, Lower Sackville
Wednesday, June 14	8:30 - 11:30 a.m.	CHT Sackville Drive, Lower Sackville
Wednesday, June 21	8:30 - 11:30 a.m.	CHT Sackville Drive, Lower Sackville
Wednesday, August 16	8:30 - 11:30 a.m.	CHT Sackville Drive, Lower Sackville
Wednesday, August 30	8:30 - 11:30 a.m.	CHT Sackville Drive, Lower Sackville

Personal Wellness Profile Continued

Chebucto

Wednesday, March 22	8:30 - 11:30 a.m.	Community Wellness Centre, Spryfield
Wednesday, April 12	8:30 - 11:30 a.m.	Community Wellness Centre, Spryfield
Wednesday, April 26	8:30 - 11:30 a.m.	Community Wellness Centre, Spryfield
Wednesday, May 10	8:30 - 11:30 a.m.	Community Wellness Centre, Spryfield
Wednesday, May 24	8:30 - 11:30 a.m.	Community Wellness Centre, Spryfield
Saturday, June 10	8:30 - 11:30 a.m.	Community Wellness Centre, Spryfield
Wednesday, June 21	8:30 - 11:30 a.m.	Community Wellness Centre, Spryfield
Wednesday, July 12	8:30 - 11:30 a.m.	Community Wellness Centre, Spryfield
Wednesday, July 26	8:30 - 11:30 a.m.	Community Wellness Centre, Spryfield
Wednesday, August 9	8:30 - 11:30 a.m.	Community Wellness Centre, Spryfield
Wednesday, August 23	8:30 - 11:30 a.m.	Community Wellness Centre, Spryfield

Dartmouth

Thursday, March 23	8:30 - 11:30 a.m.	CHT Tacoma Drive, Dartmouth
Thursday, April 6	8:30 - 11:30 a.m.	CHT Tacoma Drive, Dartmouth
Thursday, April 20	8:30 - 11:30 a.m.	CHT Tacoma Drive, Dartmouth
Thursday, April 27	8:30 - 11:30 a.m.	CHT Tacoma Drive, Dartmouth
Thursday, May 18	8:30 - 11:30 a.m.	CHT Tacoma Drive, Dartmouth
Thursday, May 25	8:30 - 11:30 a.m.	CHT Tacoma Drive, Dartmouth
Saturday, June 10	8:30 - 11:30 a.m.	CHT Tacoma Drive, Dartmouth
Thursday, June 22	8:30 - 11:30 a.m.	CHT Tacoma Drive, Dartmouth
Thursday, July 6	8:30 - 11:30 a.m.	CHT Tacoma Drive, Dartmouth
Thursday, July 27	8:30 - 11:30 a.m.	CHT Tacoma Drive, Dartmouth
Thursday, August 17	8:30 - 11:30 a.m.	CHT Tacoma Drive, Dartmouth
Thursday, August 31	8:30 - 11:30 a.m.	CHT Tacoma Drive, Dartmouth

Halifax Peninsula

Thursday, March 2	8:30 - 11:30 a.m.	CHT Young Street, Halifax Peninsula
Thursday, March 30	8:30 - 11:30 a.m.	CHT Young Street, Halifax Peninsula
Thursday, April 6	8:30 - 11:30 a.m.	CHT Young Street, Halifax Peninsula
Saturday, April 22	8:30 - 11:30 a.m.	CHT Young Street, Halifax Peninsula
Thursday, May 11	8:30 - 11:30 a.m.	CHT Young Street, Halifax Peninsula
Thursday, May 25	8:30 - 11:30 a.m.	CHT Young Street, Halifax Peninsula
Thursday, June 8	8:30 - 11:30 a.m.	CHT Young Street, Halifax Peninsula
Thursday, June 22	8:30 - 11:30 a.m.	CHT Young Street, Halifax Peninsula
Thursday, July 6	8:30 - 11:30 a.m.	CHT Young Street, Halifax Peninsula
Thursday, July 27	8:30 - 11:30 a.m.	CHT Young Street, Halifax Peninsula
Thursday, August 24	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.

Friday, March 3	9:30 - 11:30 a.m.	Fairview Family Resource Centre, Fairview (childcare available at this location only)
Thursday, March 30	9:30 - 11:30 a.m.	CHT Sackville Drive, Lower Sackville
Thursday, April 20	2:00 - 4:00 p.m.	Halifax Central Public Library (BMO Room), Halifax
Friday, April 21	10:00 a.m. - noon	CHT Tacoma Drive, Dartmouth
Wednesday, May 10	1:30 - 3:30 p.m.	CHT Sackville Drive, Lower Sackville
Friday, May 12	9:30 - 11:30 a.m.	Johanna B. Oosterveld Centre, Halifax
Thursday, June 8	1:30 - 3:30 p.m.	CHT Tacoma Drive, Dartmouth
Thursday, June 15	1:30 - 3:30 p.m.	Community Wellness Centre, Spryfield
Wednesday, August 16	6:00 - 8:00 p.m.	CHT Tacoma Drive, Dartmouth
Friday, August 25	9:30 - 11:30 a.m.	CHT Sackville Drive, Lower Sackville

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.

Friday, March 31	10:00 - 11:00 a.m.	CHT Tacoma Drive, Dartmouth
Thursday, April 6	6:00 - 7:00 p.m.	Halifax North Memorial Public Library, Halifax
Wednesday, April 19	10:00 - 11:00 a.m.	Community Wellness Centre, Spryfield
Friday, April 28	10:00 - 11:00 a.m.	CHT Sackville Drive, Lower Sackville
Thursday, June 1	2:00 - 3:00 p.m.	CHT Young Street, Halifax Peninsula
Monday, June 5	1:30 - 2:30 p.m.	CHT Tacoma Drive, Dartmouth
Wednesday, June 7	6:30 - 7:30 p.m.	Sackville Public Library, Lower Sackville
Wednesday, June 28	2:00 - 3:00 p.m.	Community Wellness Centre, Spryfield
Tuesday, July 18	2:00 - 3:00 p.m.	CHT Sackville Drive, Lower Sackville
Monday, August 14	1:30 - 2:30 p.m.	Community Wellness Centre, Spryfield
Tuesday, August 15	10:00 - 11:00 a.m.	CHT Young Street, Halifax Peninsula
Friday, August 25	9:30 - 10:30 a.m.	CHT Tacoma Drive, Dartmouth

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, April 4	6:30 - 8:30 p.m.	Keshen Goodman Public Library, Clayton Park
Friday, May 19	9:30 - 11:30 a.m.	CHT Young Street, Halifax Peninsula
Friday, July 14	9:30 - 11:30 a.m.	CHT Sackville Drive, Lower Sackville
Tuesday, August 1	10:00 a.m. - noon	CHT Tacoma Drive, Dartmouth
Thursday, August 17	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, March 22	10:00 a.m. - 11:30 a.m.	Tantallon Public Library, Tantallon
Wednesday, July 19	1:30 - 3:00 p.m.	CHT Sackville Drive, Lower Sackville
Wednesday, August 2	10:00 - 11:30 a.m.	CHT Tacoma Drive, Dartmouth
Friday, August 18	9:30 - 11:00 a.m.	CHT Sackville Drive, Lower Sackville

FOOD, NUTRITION & WEIGHT MANAGEMENT (CONTINUED)

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: April 4 - 25	6:00 - 8:00 p.m.	CHT Tacoma Drive, Dartmouth
Thursdays: April 6 - 27	1:30 - 3:30 p.m.	CHT Sackville Drive, Lower Sackville
Wednesdays: May 3 - 24	9:30 - 11:30 a.m.	Citadel Community Centre, Halifax
Thursdays: May 18 - June 8	10:00 a.m. - noon	Community Wellness Centre, Spryfield
Fridays: June 9 - 30	9:30 - 11:30 a.m.	CHT Sackville Drive, Lower Sackville
Wednesdays: August 2 - 23	1:30 - 3:30 p.m.	Community Wellness Centre, Spryfield
Tuesdays: August 15 - September 5	10:00 a.m. - noon	CHT Tacoma Drive, Dartmouth
Tuesdays: August 22 - September 12	4:30 - 6:30 p.m.	CHT Young Street, Halifax Peninsula

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.

Wednesdays: March 22 - April 12	1:30 - 3:30 p.m.	CHT Tacoma Drive, Dartmouth
Tuesdays: March 28 - April 18	6:00 - 8:00 p.m.	CHT Sackville Drive, Lower Sackville
Mondays: April 3 - May 1 (No class April 17)	9:30 - 11:30 a.m.	St. Andrews Community Centre (Multipurpose Room), Halifax
Tuesdays: May 16 - June 6	6:00 - 8:00 p.m.	Community Wellness Centre, Spryfield
Wednesdays: May 24 - June 14	1:30 - 3:30 p.m.	CHT Tacoma Drive, Dartmouth
Thursdays: June 1 - 22	9:30 - 11:30 a.m.	CHT Sackville Drive, Lower Sackville
Tuesdays: June 6 - 27	1:30 - 3:30 p.m.	CHT Young Street, Halifax Peninsula
Tuesdays: August 1 - 22	9:30 - 11:30 a.m.	Prospect Road Community Centre, Hatchet Lake

Fat, Sugar, Salt

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.

Thursday, March 30	6:00 - 8:00 p.m.	CHT Sackville Drive, Lower Sackville
Monday, April 3	6:00 - 8:00 p.m.	Needham Community Centre (Multipurpose Room), Halifax
Tuesday, April 18	2:00 - 4:00 p.m.	J.D., Shatford Memorial Public Library, Hubbards
Wednesday, April 26	1:30 - 3:30 p.m.	Lawrencetown Community Centre, Lawrencetown
Thursday, May 4	10:00 a.m. - noon	Dartmouth North Community Food Centre, Dartmouth
Wednesday, May 17	1:30 - 3:30 p.m.	St. Margaret's Centre, Upper Tantallon
Thursday, May 25	9:30 - 11:30 a.m.	Memory Lane Family Place, Lower Sackville (childcare available at this location only)
Wednesday, June 21	9:30 - 11:30 a.m.	Citadel Community Centre, Halifax
Friday, July 7	10:00 a.m. - noon	CHT Tacoma Drive, Dartmouth
Tuesday, July 11	1:30 - 3:30 p.m.	CHT Sackville Drive, Lower Sackville

Food Fads: Fact or Fiction?

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

Tuesday, March 28	7:00 - 8:30 p.m.	Woodlawn Public Library, Dartmouth
Tuesday, April 11	10:00 - 11:30 a.m.	Halifax Central Public Library, Halifax
Thursday, May 18	9:30 - 11:00 a.m.	CHT Sackville Drive, Lower Sackville
Tuesday, June 6	10:00 - 11:30 a.m.	Alderney Public Library, Dartmouth
Wednesday, July 12	1:30 - 3:00 p.m.	CHT Sackville Drive, Lower Sackville

FOOD, NUTRITION & WEIGHT MANAGEMENT (CONTINUED)

Food and Mood

NEW

Have you ever thought about the connection between what you eat and how you feel? What's good for your body is good for your mood! Join us to learn more.

Wednesday, March 8	6:30 - 8:30 p.m.	J.D. Shatford Memorial Public Library, Hubbards
Wednesday, April 19	6:30 - 8:30 p.m.	Cole Harbour Public Library, Cole Harbour
Monday, April 24	6:00 - 8:00 p.m.	Gordon R. Snow Community Centre, Fall River
Friday, April 28	10:00 a.m. - noon	Fairview Family Resource Centre, Fairview (childcare available at this location only)
Tuesday, May 16	9:30 - 11:30 a.m.	Vineyard Ministry Centre, Middle Sackville
Friday, May 26	1:30 - 3:30 p.m.	Northwood (Penthouse), Halifax
Tuesday, June 13	1:30 - 3:30 p.m.	Dartmouth North Community Food Centre, Dartmouth
Monday, July 10	2:00 - 4:00 p.m.	Halifax Central Public Library (Room 301), Halifax
Wednesday, August 23	1:30 - 3:30 p.m.	CHT Sackville Drive, Lower Sackville
Thursday, August 24	1:30 - 3:30 p.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.

Mondays: April 24, May 1	6:00 - 7:30 p.m.	CHT Tacoma Drive, Dartmouth
Mondays: May 8, 15	6:00 - 7:30 p.m.	Needham Community Centre (Multipurpose Room), Halifax
Tuesdays: May 23, 30	9:30 - 11:00 a.m.	Vineyard Ministry Center, Middle Sackville
Wednesdays: May 24, 31	1:30 - 3:00 p.m.	Community Wellness Centre, Spryfield
Wednesdays: July 5, 12	10:00 - 11:30 a.m.	CHT Tacoma Drive, Dartmouth
Mondays: August 21, 28	10:00 - 11:30 a.m.	CHT Young Street, Halifax Peninsula
Thursdays: August 24, 31	1:30 - 3:00 p.m.	CHT Sackville Drive, Lower Sackville

How Healthy is your Plate?

UPDATED

Let's talk about food! Build a healthier plate by learning about balance, timing, and portions of meals.

Monday, March 20	6:30 - 8:30 p.m.	Lakeside Community Centre, Timberlea
Tuesday, March 21	6:30 - 8:30 p.m.	Sackville Public Library, Lower Sackville
Thursday, May 11	1:30 - 3:30 p.m.	CHT Tacoma Drive, Dartmouth
Monday, May 15	noon - 2:00 p.m.	Gordon R. Snow Community Centre, Fall River
Friday, June 2	10:00 a.m. - noon	Community Wellness Centre, Spryfield
Monday, June 26	1:30 - 3:30 p.m.	CHT Young Street, Halifax Peninsula
Tuesday, July 11	10:00 a.m. - noon	CHT Tacoma Drive, Dartmouth

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.

Wednesdays: April 12 - 26	1:30 - 3:00 p.m.	CHT Sackville Drive, Lower Sackville
Mondays: May 1 - 15	1:30 - 3:00 p.m.	CHT Tacoma Drive, Dartmouth
Mondays: June 5 - 19	10:00 - 11:30 a.m.	CHT Young Street, Halifax Peninsula
Thursdays: June 8 - 22	6:30 - 8:00 p.m.	CHT Sackville Drive, Lower Sackville
Tuesdays: July 11 - 25	10:00 - 11:30 a.m.	Community Wellness Centre, Spryfield
Fridays: August 11 - 25	1:30 - 3:00 p.m.	Halifax North Public Library, Halifax

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; and Knox United Church, Lower Sackville. Please call for more information.

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).

Monday, March 20	1:30 - 3:30 p.m.	Prospect Road Community Centre, Hatchet Lake
Wednesday, March 29	10:00 a.m. - noon	CHT Tacoma Drive, Dartmouth
Thursday, April 6	6:00 - 8:00 p.m.	CHT Sackville Drive, Lower Sackville
Tuesday, April 11	9:30 - 11:30 a.m.	St. Andrews Community Centre (Multipurpose room), Halifax
Monday, April 24	9:30 - 11:30 a.m.	Community Wellness Centre, Spryfield
Wednesday, May 3	6:30 - 8:30 p.m.	Lawrencetown Community Centre, Lawrencetown
Friday, May 5	9:00 - 11:00 a.m.	CHT Sackville Drive, Lower Sackville
Wednesday, May 31	6:00 - 8:00 p.m.	CHT Young Street, Halifax Peninsula
Wednesday, August 23	10:00 a.m. - noon	CHT Tacoma Drive, Dartmouth

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).

Monday, March 27	1:30 - 3:30 p.m.	Prospect Road Community Centre, Hatchet Lake
Wednesday, April 5	10:00 a.m. - noon	CHT Tacoma Drive, Dartmouth
Thursday, April 13	6:00 - 8:00 p.m.	CHT Sackville Drive, Lower Sackville
Tuesday, April 18	9:30 - 11:30 a.m.	St. Andrews Community Centre, Halifax
Monday, May 1	9:30 - 11:30 a.m.	Community Wellness Centre, Spryfield
Wednesday, May 10	6:30 - 8:30 p.m.	Lawrencetown Community Centre, Lawrencetown
Friday, May 12	9:00 - 11:00 a.m.	CHT Sackville Drive, Lower Sackville
Wednesday, June 7	6:00 - 8:00 p.m.	CHT Young Street, Halifax Peninsula
Wednesday, August 30	10:00 a.m. - noon	CHT Tacoma Drive, Dartmouth



PHYSICAL ACTIVITY (CONTINUED)

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).

Monday, April 3	1:30 - 3:30 p.m.	Prospect Road Community Centre, Hatchet Lake
Wednesday, April 12	10:00 a.m. - noon	CHT Tacoma Drive, Dartmouth
Thursday, April 20	6:00 - 8:00 p.m.	CHT Sackville Drive, Lower Sackville
Tuesday, April 25	9:30 - 11:30 a.m.	St. Andrews Community Centre, Halifax
Monday, May 8	9:30 - 11:30 a.m.	Community Wellness Centre, Spryfield
Wednesday, May 17	6:30 - 8:30 p.m.	Lawrencetown Community Centre, Lawrencetown
Friday, May 19	9:00 - 11:00 a.m.	CHT Sackville Drive, Lower Sackville
Wednesday, June 14	6:00 - 8:00 p.m.	CHT Young Street, Halifax Peninsula
Wednesday, September 6	10:00 a.m. - noon	CHT Tacoma Drive, Dartmouth

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).

Monday, April 10	1:30 - 3:30 p.m.	Prospect Road Community Centre, Hatchet Lake
Wednesday, April 19	10:00 a.m. - noon	CHT Tacoma Drive, Dartmouth
Thursday, April 27	6:00 - 8:00 p.m.	CHT Sackville Drive, Lower Sackville
Tuesday, May 2	9:30 - 11:30 a.m.	St. Andrews Community Centre, Halifax
Monday, May 15	9:30 - 11:30 a.m.	Community Wellness Centre, Spryfield
Wednesday, May 24	6:30 - 8:30 p.m.	Lawrencetown Community Centre, Lawrencetown
Friday, May 26	9:00 - 11:00 a.m.	CHT Sackville Drive, Lower Sackville
Wednesday, June 21	6:00 - 8:00 p.m.	CHT Young Street, Halifax Peninsula
Wednesday, September 13	10:00 a.m. - noon	CHT Tacoma Drive, Dartmouth

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.

Tuesdays: June 6, 13	1:30 - 3:30 p.m.	CHT Sackville Drive, Lower Sackville
Tuesdays: June 6, 13	9:30 - 11:30 a.m.	CHT Young Street, Halifax Peninsula
Wednesdays: June 14, 21	1:30 - 3:30 p.m.	Canada Games Centre, Clayton Park
Tuesdays: August 22, 29	6:00 - 8:00 p.m.	CHT Tacoma Drive, Dartmouth

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.**

Monday, May 8	7:00 - 9:00 p.m.	Bedford Hammonds Plains Community Centre, Hammonds Plains
Tuesday, May 9	1:00 - 3:00 p.m.	Chebucto Family Centre, Spryfield
Thursday, May 11	6:00 - 8:00 p.m.	Lions Club, Eastern Passage
Monday, July 10	10:00 a.m. - noon	St. Peter's Anglican Church, Birch Cove
Thursday, July 13	9:30 - 11:30 a.m.	CHT Sackville Drive, Lower Sackville
Thursday, July 13	9:30 - 11:30 a.m.	CHT Young Street, Halifax Peninsula
Monday, August 14	10:00 a.m. - noon	CHT Tacoma Drive, Dartmouth

EMOTIONAL WELLNESS (CONTINUED)

Discover Your Personal Strengths

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

Tuesday, April 4	1:00 - 3:00 p.m.	Chebucto Family Centre, Spryfield (childcare available at this location only)
Wednesday, April 26	6:30 - 8:30 p.m.	Sackville Public Library, Lower Sackville
Tuesday, May 9	9:30 - 11:30 a.m.	St. Andrews Community Centre (Multipurpose room), Halifax
Wednesday, May 17	6:30 - 8:30 p.m.	Cole Harbour Public Library, Cole Harbour
Friday, June 2	noon - 2:00 p.m.	Gordon R. Snow Community Centre, Fall River
Thursday, June 22	9:30 - 11:30 a.m.	Grace Chapel, Clayton Park
Wednesday, August 23	1:30 - 3:30 p.m.	CHT Young Street, Halifax Peninsula
Thursday, August 24	10:00 a.m. - noon	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.

Tuesday, March 28	10:00 a.m. - noon	CHT Tacoma Drive, Dartmouth
Friday, April 21	10:00 a.m. - noon	CHT Young Street, Halifax Peninsula
Thursday, May 4	1:30 - 3:30 p.m.	Community Wellness Centre, Spryfield
Tuesday, May 16	7:00 - 9:00 p.m.	Bedford Public Library, Bedford
Friday, May 26	10:00 a.m. - noon	Northbrook Community Centre, Dartmouth
Wednesday, June 28	1:30 - 3:30 p.m.	CHT Young Street, Halifax Peninsula
Thursday, August 17	9:30 - 11:30 a.m.	Memory Lane Family Place, Lower Sackville (childcare at this location only)
Tuesday, August 29	1:30 - 3:30 p.m.	CHT Tacoma Drive, Dartmouth

How to Speak Assertively 4-Week Program

You will learn how to say your opinions, needs, and feelings in an open, honest and direct way by participating in group activities, discussions, role plays, and practicing at home.

Mondays: March 20 - April 10	1:30 - 3:30 p.m.	CHT Young Street, Halifax Peninsula
Thursdays: March 23 - April 13	2:00 - 4:00 p.m.	Cole Harbour Public Library, Cole Harbour
Mondays: April 10 - May 8 (No Class April 17)	10:00 a.m. - noon	Keshen Goodman Public Library, Clayton Park
Tuesdays: April 11 - May 2	10:00 a.m. - noon	Bedford Public Library, Bedford
Tuesdays: May 16 - June 6	6:00 - 8:00 p.m.	Community Wellness Centre, Spryfield
Wednesdays: May 24 - June 14	1:30 - 3:30 p.m.	CHT Sackville Drive, Lower Sackville
Mondays: May 29 - June 19	6:00 - 8:00 p.m.	CHT Tacoma Drive, Dartmouth
Tuesdays: July 4 - 25	9:30 - 11:30 a.m.	CHT Young Street, Halifax Peninsula
Wednesdays: August 23 - September 13	1:30 - 3:30 p.m.	CHT Tacoma Drive, Dartmouth

EMOTIONAL WELLNESS (CONTINUED)

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, March 7	1:00 - 3:00 p.m.	Chebucto Family Centre, Spryfield (childcare available at this location only)
Friday, April 21	10:00 a.m. - noon	Northbrook Community Centre, Dartmouth
Tuesday, April 25	7:00 - 9:00 p.m.	Tantallon Public Library, Tantallon
Thursday, May 25	9:30 - 11:30 a.m.	TEAM Work Cooperative Ltd, Halifax
Wednesday, July 5	9:30 - 11:30 a.m.	Memory Lane Family Place, Lower Sackville (childcare available at this location only)
Wednesday, July 12	1:30 - 3:30 p.m.	CHT Young Street, Halifax Peninsula
Tuesday, July 18	2:00 - 4:00 p.m.	Parkland Clayton Park, Clayton Park
Monday, August 14	1:30 - 3:30 p.m.	CHT Tacoma Drive, Dartmouth
Monday, August 28	1:30 - 3:30 p.m.	CHT Sackville Drive, Lower Sackville

Take Charge of Your Stress 4-Week Program



Over the 4 weeks of the program, you will learn and practice skills while working on a plan to take charge of your stress today and in the future.		
Fridays: March 24 - April 21	9:30 - 11:30 a.m.	CHT Sackville Drive, Lower Sackville (No session April 14)
Tuesdays: March 28 - April 18	1:30 - 3:30 p.m.	CHT Tacoma Drive, Dartmouth
Thursdays: April 6 - 27	10:00 a.m. - noon	St. Margaret's Centre, Upper Tantallon
Thursdays: April 20 - May 11	5:00 - 7:00 p.m.	CHT Young Street, Halifax Peninsula
Thursdays: May 4 - 25	7:00 - 9:00 p.m.	Bedford Hammonds Plains Community Centre, Hammonds Plains
Wednesdays: May 24 - June 14	10:00 a.m. - noon	CHT Tacoma Drive, Dartmouth
Tuesdays: June 13 - July 4	1:30 - 3:30 p.m.	Community Wellness Centre, Spryfield
Fridays: August 18 - September 8	9:30 - 11:30 a.m.	Northwood (Penthouse), Halifax

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.		
Fridays: March 17, 24	1:30 - 3:30 p.m.	Northwood (Penthouse), Halifax
Thursdays: March 23, 30	1:30 - 3:30 p.m.	CHT Sackville Drive, Lower Sackville
Fridays: May 5, 12	9:00 - 11:00 a.m.	Prospect Road Community Centre, Hatchet Lake
Tuesdays: May 23, 30	6:30 - 8:30 p.m.	Woodlawn Public Library, Dartmouth
Thursdays: June 1, 8	5:00 - 7:00 p.m.	CHT Young Street, Halifax Peninsula
Mondays: June 19, 26	1:30 - 3:30 p.m.	Beaver Bank Kinsac Community Centre, Beaver Bank
Wednesdays: June 21, 28	10:00 a.m. - noon	CHT Tacoma Drive, Dartmouth
Thursdays: July 6, 13	10:00 a.m. - noon	Canada Games Centre, Clayton Park
Mondays: August 21, 28	10:00 a.m. - noon	CHT Tacoma Drive, Dartmouth
Tuesdays: August 22, 29	9:30 - 11:30 a.m.	CHT Sackville Drive, Lower Sackville

EMOTIONAL WELLNESS (CONTINUED)

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.

Thursday, March 23 & Friday, March 24	8:30 a.m. - 4:30 p.m.	Fairview Family Resource Centre, Fairview
Tuesdays: March 28 - April 18	9:00 a.m. - 12:30 p.m.	Sackville Heights Community Centre, Lower Sackville
Fridays: May 5 - 26	9:00 a.m. - 12:30 p.m.	MacPhee Centre for Creative Learning, Dartmouth
Monday: May 29 - June 19	9:00 a.m. - 12:30 p.m.	Veith House, Halifax

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. **Call 902-470-3817 to register.**

Tuesdays: March 21 - June 6	9:30 - 11:30 a.m.	Chebucto Family Centre, Spryfield (childcare available)
Tuesdays: March 21 - June 6	6:30 - 8:30 p.m.	Cole Harbour Boys & Girls Club, Cole Harbour (childcare available)
Wednesdays: March 22 - June 7	6:30 - 8:30 p.m.	Veith House, Halifax

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

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. **Call 902-470-3817 to register.**

Thursdays: March 23 - June 22	6:00 - 8:00 p.m.	Sackville Boys & Girls Club, Lower Sackville (childcare available)
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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. **Call 902-470-3817 to register.**

Monday: April 3, 10	1:00 - 3:00 p.m.	Citadel Community Centre, Halifax
Monday: April 3, 10	6:00 - 8:00 p.m.	Knox United Church, Lower Sackville (childcare available)
Monday: May 8, 15	9:30 - 11:30 a.m.	CHT Tacoma Drive, Dartmouth
Thursday: June 1, 8	6:00 - 8:00 p.m.	Central Spryfield School, Spryfield

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

Learn to better understand your teen, improve communication and help your family run more smoothly. **Call 902-470-3817 to register.**

Saturday, April 1	9:30 - 4:30 p.m.	MacPhee Centre for Creative Learning, Dartmouth
Saturday, May 27	9:45 - 4:30 p.m.	Halifax North Memorial Public Library, Halifax

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.

Friday, May 19	9:30 - 11:00 a.m.	Lakeside Community Centre, Timberlea
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PARTNER PROGRAMS

The Community Health Teams provide free space for 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.

Arthritis Lifestyle Makeover Challenge - The Arthritis Society

Join us for this six week program featuring various members of your health team to gain knowledge, skills and confidence to take control of your arthritis. **To register, call 902-429-7025 or email info@ns.arthritis.ca**

Tuesdays: May 23 - June 27 6:00 - 8:00 p.m. East Dartmouth Community Centre, Dartmouth

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, the instructor will register on a first come first serve basis on the first day of each four week program.**

Wednesdays: April 19 - May 10 2:00 - 3:00 p.m. CHT Tacoma Drive, Dartmouth

Wednesdays: June 28 - July 19 2:00 - 3:00 p.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: March 29 - May 24 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: March 1, 15, April 5, 19, May 3, 17, June 7, 21, July 5, 19, August 2, 16 1:00 - 3:00 p.m. East Dartmouth Community Centre, Dartmouth

Thursdays: March 9, April 13, May 11, June 8, July 13, August 10 2:00 - 4:00 p.m. CHT Young Street, Halifax Peninsula

Tuesdays: March 21, April 18, May 16, June 20, July 18, August 15 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.**

Wednesday, April 12 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.**

Monday, March 27 10:00 a.m. - noon 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 or call 902-435-3456 between 3:00 and 7:30 pm.**

Mondays: March 13, April 10, May 15 6:30 - 8:30 p.m. CHT Tacoma Drive, Dartmouth

Tuesday: June 13

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, May 8 6:00 - 8:00 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 email info@ns.arthritis.ca.**

Monday, April 3 10:00 a.m. - noon CHT Tacoma Drive, Dartmouth

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.**

Tuesdays: March 28 - May 2 1:30 - 3:30 p.m. Community Wellness Centre, Spryfield

Families Matter in Mental Health Education and Support Program 11-Week Program - Community Mental Health Services, NSHA

This program is for family members and friends who support someone living with mental illness. It provides information about mental illnesses and relapse prevention, includes skills training in communication and problem solving skills and teaches coping and self-care strategies. **To register contact Brad Rowe 902-404-3504.**

Tuesdays: March 7 - May 16 6:00 - 8:00 p.m. East Dartmouth Community Centre, Dartmouth

Fitness in the Kitchen - Community Links/HRM Ageing Well Together Coalition

Fitness in the kitchen is a series of eight basic exercises designed by physiotherapists as an easy routine for strength, flexibility and balance that can be done anywhere in the home - including the kitchen! **To register or for more information, contact Community Links at 902-422-0914.**

Friday, March 31 10:00 - 11:00 a.m. CHT Young Street, Halifax Peninsula

Wednesday, April 12 10:00 - 11:00 a.m. CHT Sackville Drive, Lower Sackville

Friday, May 26 10:00 - 11:00 a.m. CHT Tacoma Drive, Dartmouth

Friday, June 9 10:00 - 11:00 a.m. Community Wellness Centre, Spryfield

“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.**

Thursday, March 23 6:30 - 8:30 p.m. CHT Young Street, Halifax Peninsula

Wednesday, April 5 6:30 - 8:30 p.m. CHT Sackville Drive, Lower Sackville

Wednesday, May 17 6:30 - 8:30 p.m. CHT Tacoma Drive, Dartmouth

Wednesday, June 7 2:00 - 4:00 p.m. Community Wellness Centre, Spryfield

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.**

Hepatitis Basics for Boomers - Hepatitis Outreach Society of Nova Scotia

This workshop provides basic information about hepatitis A, B, and C. An interactive session to learn more about viral hepatitis causes, symptoms, treatment options, current statistics and general liver health. **To register call Karen Pitts at 902-420-1767.**

Wednesday, March 29 2:00 - 3:30 p.m. Community Wellness Centre, Spryfield

Wednesday, April 12 10:00 - 11:30 a.m. CHT Young Street, Halifax Peninsula

Wednesday, May 10 10:00 - 11:30 a.m. CHT Tacoma Drive, Dartmouth

Wednesday, June 21 2:00 - 3:30 p.m. CHT Sackville Drive, Lower Sackville

How to Manage the Credit Crunch - Credit Counselling Services of Atlantic Canada

Are you finding it tough to get that credit card paid down? Do you feel you are relying on credit to get you through the month? We can help. **For more information contact Tamara Kelly at 888-753-2227 ext 219.**

Friday, April 28	10:00 - 11:00 a.m.	CHT Young Street, Halifax Peninsula
Tuesday, May 23	10:00 - 11:00 a.m.	Community Wellness Centre, Spryfield
Thursday, June 1	1:00 - 2:00 p.m.	CHT Sackville Drive, Lower Sackville
Thursday, June 8	11:00 a.m. - noon	CHT Tacoma Drive, Dartmouth

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.**

Monday, May 1	2:00 - 3:00 p.m.	CHT Sackville Drive, Lower Sackville
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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. Nordic poles will be provided if you do not have your own. **To register, contact Bill VanGorder at Bill@NordicWalkingNovaScotia.ca.**

Tuesday, March 21	1:00 - 2:30 p.m.	CHT Sackville Drive, Lower Sackville
Wednesday, March 22	2:30 - 4:00 p.m.	CHT Young Street, Halifax Peninsula
Monday, March 27	2:00 - 3:30 p.m.	CHT Tacoma Drive, Dartmouth
Thursday, March 30	1:00 - 2:30 p.m.	Community Wellness Centre, Spryfield
Tuesday, April 18	1:00 - 2:30 p.m.	CHT Young Street, Halifax Peninsula
Monday, April 24	2:00 - 3:30 p.m.	East Dartmouth Community Centre, Dartmouth
Tuesday, April 25	1:00 - 2:30 p.m.	CHT Sackville Drive, Lower Sackville
Thursday, May 4	2:00 - 3:30 p.m.	CHT Young Street, Halifax Peninsula
Thursday, May 11	2:00 - 3:30 p.m.	Community Wellness Centre, Spryfield
Monday, June 12	2:00 - 3:30 p.m.	CHT Tacoma Drive, Dartmouth
Tuesday, June 13	10:00 - 11:30 a.m.	CHT Sackville Drive, Lower Sackville
Tuesday, June 20	10:00 - 11:30 a.m.	CHT Young Street, Halifax Peninsula
Tuesday, June 27	10:00 - 11:30 a.m.	Community Wellness Centre, Spryfield
Thursday, July 13	2:00 - 3:30 p.m.	CHT Sackville Drive, Lower Sackville
Monday, July 17	10:00 - 11:30 a.m.	East Dartmouth Community Centre, Dartmouth
Tuesday, July 25	1:00 - 2:30 p.m.	Community Wellness Centre, Spryfield
Thursday, August 10	10:00 - 11:30 a.m.	CHT Young Street, Halifax Peninsula
Tuesday, August 15	10:00 - 11:30 a.m.	Community Wellness Centre, Spryfield
Monday, August 21	10:00 - 11:30 a.m.	CHT Sackville Drive, Lower Sackville
Tuesday, August 22	2:00 - 3:30 p.m.	CHT Tacoma Drive, Dartmouth

Living with Chronic Obstructive Pulmonary Disease - Inspired COPD Outreach Program, NSHA

Learn what COPD is, how it affects your lungs and what you can do to manage symptoms. **To register call 902-719-6194 and leave a voicemail message indicating your name and which session you will attend.**

Wednesday, April 5	1:30 - 3:00 p.m.	CHT Young Street, Halifax Peninsula
Tuesday, May 9	1:30 - 3:00 p.m.	CHT Tacoma Drive, Dartmouth
Thursday, May 25	1:30 - 3:00 p.m.	Community Wellness Centre, Spryfield
Thursday, June 15	1:00 - 2:30 p.m.	CHT Sackville Drive, Lower Sackville

Mediation - a Healthier Way of Resolving Disputes and Conflict: Alternatives to Court - The Alternative Dispute Resolution Atlantic Institute

Discover what professional mediation is and its benefits. Participants will learn how to explore interests which can lead to opening a conversation with a someone they have been unable to in the past. **No registration is required.**

Monday, March 27	6:00 - 7:30 p.m.	CHT Sackville Drive, Lower Sackville
Thursday, April 27	6:00 - 7:30 p.m.	CHT Tacoma Drive, Dartmouth
Wednesday, May 3	6:00 - 7:30 p.m.	CHT Young Street, Halifax Peninsula

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	12:15 - 1:15 p.m.	CHT Young Street, Halifax Peninsula
Thursdays	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 902-468-8230 for more information and to connect with the group leader.**

Fridays: March 17, April 21, May 19, June 16, July 21, August 18	1:00 - 3:30 p.m.	CHT Tacoma Drive, Dartmouth
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Noon Meditation – 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: April 4 - June 20, August 15 - 29	11:30 a.m. - 12:30 p.m.	Community Wellness Centre, Spryfield
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Nutrition Label Reading Tour - Sobeys Registered Dietitian

Learn how to translate nutrition messages into real food choices, in the grocery store setting! Meet at the Dartmouth Community Health Team to learn how to read nutrition labels, then tour the Tacoma Drive Sobeys aisles to practice your new skills. **Register at 902-477-6159 or email jennalle.butcher@sobeys.com**

Thursdays: March 23, June 22	6:00 - 8:00 p.m.	CHT Tacoma Drive, Dartmouth
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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: March 29, April 26, May 31, June 28, July 26, August 30	1:00 - 3:00 p.m.	East Dartmouth Community Centre, Dartmouth
Thursdays: March 30, April 20, May 25, June 29, July 27, August 31	6:00 - 8:00 p.m.	East Dartmouth Community Centre, Dartmouth

Pain Self-Management 5-Week Program - Rehabilitation & Supportive Care Services, Nova Scotia Health Authority

This five-week program introduces strategies to manage chronic pain. **To register call Patti Pattenden at 902-473-5471.**

Tuesdays: May 30 - June 27	2:00 - 4:15 p.m.	CHT Tacoma Drive, Dartmouth
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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 to register.**

Tuesdays: April 11 - June 27	6:00 - 8:00 p.m.	CHT Young Street, Halifax Peninsula
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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 902-473-5047 and leave the program name, date, and location you would like to attend. Unless you hear otherwise, you will be registered.**

Thursday, April 20	2:00 - 4:00 p.m.	Community Wellness Centre, Spryfield
Wednesday, May 3	2:00 - 4:00 p.m.	CHT Sackville Drive, Lower Sackville
Wednesday, June 21	2:00 - 4:00 p.m.	CHT Tacoma Drive, Dartmouth
Wednesday, July 5	2:00 - 4:00 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: March 16, April 20, May 18, June 15	6:00 - 7:00 p.m.	CHT Tacoma Drive, Dartmouth
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Self Awareness Workshops - Healthy Minds Cooperative

Using guided meditation you will be gently guided on an inward journey where you will discover new insights, knowledge and perspectives that will invite you to expand the way you live and the way you look at your health. Choose one or both sessions. **To register please call Irene at 902-404-3504 Ext. 202.**

Monday, March 20 - Getting to Know "You"	10:00 a.m. - noon	East Dartmouth Community Centre, Dartmouth
Monday, March 27 - Getting in Touch with Your Personal Power	10:00 a.m. - noon	East Dartmouth Community Centre, Dartmouth

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.**

Thursdays: March 23 - April 20	1:00 - 2:00 p.m.	CHT Tacoma Drive, Dartmouth
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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 email info@ns.arthritis.ca**

Wednesday, April 19	2:00 - 4:00 p.m.	Community Wellness Centre, Spryfield
Monday, June 12	2:00 - 4:00 p.m.	CHT Young Street, Halifax Peninsula
Wednesday, August 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.**

Thursday, March 9	2:00 - 4:00 p.m.	Community Wellness Centre, Spryfield
Thursday, May 25	2:00 - 4:00 p.m.	CHT Young Street, Halifax Peninsula
Wednesday, August 30	1:00 - 3:00 p.m.	CHT Sackville Drive, Lower Sackville

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

A free, six week program led by trained peers to help people with ongoing health conditions such as arthritis, diabetes, chronic pain and high blood pressure learn skills for living a healthy life. For a complete list of up to date workshops visit www.yourwaytowellness.ca. **For more information or to register call 902-473-7709.**

Wednesdays: April 5 - May 10	6:00 - 8:30 p.m.	CHT Tacoma Drive, Dartmouth
Tuesdays: May 9 - June 13	6:00 - 8:30 p.m.	Sackville Public Library, Lower Sackville
Tuesdays: May 23 - June 27	6:30 - 9:00 p.m.	Halifax Central Public Library, Halifax (For adults aged 35 and under.)

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
Bedford	Bedford Public Library, 15 Dartmouth Road
Fall River	Gordon R. Snow Community Centre, 1359 Fall River Road
Hammonds Plains	Bedford-Hammonds Plains Community Centre, 22 Innovation Drive (attached to CP Allen High School)
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

Birch Cove	St. Peter's Anglican Church, 3 Dakin Drive 
Clayton Park	Canada Games Centre, 26 Thomas Raddall Drive
	Grace Chapel, 255 Ross Street
	Keshen Goodman Public Library, 330 Lacewood Drive 
	Parkland Clayton Park, 114 Fairfax Drive (Cameron Hall)
Fairview	Fairview Family Resource Centre, 6 Titus Street
Hatchet Lake	Prospect Road Community Centre, 2141 Prospect Road
Hubbards	JD Shatford Memorial Public Library, 10353 St. Margaret's Bay Road
Lakeside	Lakeside Community Centre, 1492 St. Margaret's Bay Road
Spryfield	Bowlarama, 16 Dentith Road (backside of the Spryfield Shopping Centre) 
	Central Spryfield School, 364 Herring Cove Road
	Chebucto Family Centre, 3 Sylvia Avenue
	Community Wellness Centre, 16 Dentith 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
	Cole Harbour Boys and Girls Club, 50 Ritcey Crescent
Dartmouth	Alderney Gate Public Library, 60 Alderney Drive
	Community Health Team Tacoma Drive, 58 Tacoma Drive
	Dartmouth North Community Food Centre, 6 Primrose Street
	East Dartmouth Community Centre, 50 Caledonia Road
	MacPhee Centre for Creative Learning, 50 Queen Street
	Northbrook Community Centre, 2 Chapman Street
	Woodlawn Public Library, 31 Eisener Boulevard
Eastern Passage	Eastern Passage Cow Bay Lions Club - 65 Hornes Road NEW
	Tallahassee Community Centre, 168 Redoubt Way
Lawrencetown	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
	Needham Community Centre, 3372 Devonshire Avenue
	Northwood (Edward L Roach Building), 2615 Northwood Terrace
	St. Andrews Community Centre, 3380 Barnstead Lane
	St. Antonios Community and Cultural Centre, 3141 Chebucto Road
	TEAM Work Cooperative, 7051 Bayers Road, Suite 105
	Veith House, 3115 Veith Street

**No Scent
is Good Sense**

