

Community Health Teams

FREE HEALTH & WELLNESS PROGRAMS

Winter 2016
January - April

Registration begins
Tuesday, January 12 at 8:30 a.m.

How to Register:

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

 Like us on Facebook
facebook.com/communityhealthteams

 Visit us online
CommunityHealthTeams.ca

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 needed 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 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

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? Come join the Chebucto Community Health Team at Bowlarama, located on the lower level of the Spryfield Shopping Mall.

Friday, February 19	10 a.m. - noon	Bowlarama, Spryfield
Friday, April 1	10 a.m. - noon	Bowlarama, Spryfield

REDUCING YOUR HEALTH RISKS

Building Better Sleep

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

Tuesday, January 26	6:30 - 8:30 p.m.	Bedford Public Library, Bedford
Wednesday, February 10	9 - 11 a.m.	Shearwater Family Resource Centre, Shearwater
Wednesday, February 10	1 - 3 p.m.	Spencer House, Halifax Peninsula
Wednesday, March 2	6 - 8 p.m.	CHT Tacoma Drive, Dartmouth
Monday, April 11	10 a.m. - noon	CHT Young Street, Halifax Peninsula
Tuesday, April 19	1:30 - 3:30 p.m.	Beaver Bank Kinsac Community Centre, Beaver Bank
Tuesday, April 19	7 - 9:00 p.m.	Tantallon Public Library, Upper Tantallon

Community Health Team Drop-in

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

Friday, January 15	8:30 - 10 a.m.	CHT Tacoma Drive, Dartmouth
Friday, January 29	8:30 - 10 a.m.	CHT Sackville Drive, Lower Sackville
Friday, January 29	8:30 - 10 a.m.	Community Wellness Centre, Spryfield
Friday, February 5	8:30 - 10 a.m.	CHT Young Street, Halifax Peninsula
Friday, February 19	8:30 - 10 a.m.	CHT Sackville Drive, Lower Sackville
Friday, February 19	8:30 - 10 a.m.	Community Wellness Centre, Spryfield
Friday, February 19	8:30 - 10 a.m.	CHT Tacoma Drive, Dartmouth
Friday, March 4	8:30 - 10 a.m.	Community Wellness Centre, Spryfield
Friday, March 4	8:30 - 10 a.m.	CHT Young Street, Halifax Peninsula
Friday, March 18	8:30 - 10 a.m.	CHT Sackville Drive, Lower Sackville
Friday, March 18	8:30 - 10 a.m.	CHT Tacoma Drive, Dartmouth
Friday, April 1	8:30 - 10 a.m.	Community Wellness Centre, Spryfield
Friday, April 1	8:30 - 10 a.m.	CHT Young Street, Halifax Peninsula
Friday, April 8	8:30 - 10 a.m.	CHT Sackville Drive, Lower Sackville
Friday, April 15	8:30 - 10 a.m.	CHT Tacoma Drive, Dartmouth



REDUCING YOUR HEALTH RISKS (CONTINUED)

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.

Wednesdays: February 10 & 17	10 a.m. - noon	CHT Tacoma Drive, Dartmouth
Thursdays: February 18 & 25	9:30 - 11:30 a.m.	Community Wellness Centre, Spryfield
Thursdays: February 25 & March 3	1:30 - 3:30 p.m.	CHT Sackville Drive, Lower Sackville
Tuesdays: March 29 & April 5	1:30 - 3:30 p.m.	Community Wellness Centre, Spryfield
Wednesdays: March 30 & April 6	9 - 11 a.m.	CHT Young Street, Halifax Peninsula
Fridays: April 15 & 22	9:30 - 11:30 a.m.	CHT Sackville Drive, Lower Sackville
Fridays: April 15 & 22	10 a.m. - noon	CHT Tacoma Drive, Dartmouth

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.

Wednesday, February 3	11 a.m. - noon	Physical Activity - Community Wellness Centre, Spryfield
Friday, February 5	10 - 11 a.m.	Physical Activity - CHT Tacoma Drive, Dartmouth
Tuesday, February 9	1:30 - 2:30 p.m.	Nutrition & Weight Management - CHT Sackville Drive, Lower Sackville
Thursday, February 25	2 - 3 p.m.	Nutrition & Weight Management - CHT Young Street, Halifax Peninsula
Friday, February 26	9:30 - 10:30 a.m.	Nutrition & Weight Management - Community Wellness Centre, Spryfield
Wednesday, March 9	2 - 3 p.m.	Nutrition & Weight Management - CHT Tacoma Drive, Dartmouth
Tuesday, March 22	10 - 11 a.m.	Emotional Wellness - CHT Young Street, Halifax Peninsula
Tuesday, March 22	1:30 - 2:30 p.m.	Parenting - Community Wellness Centre, Spryfield
Monday, April 4	10 - 11 a.m.	Emotional Wellness - CHT Tacoma Drive, Dartmouth
Thursday, April 21	11 a.m. - noon	Emotional Wellness - Community Wellness Centre, Spryfield
Tuesday, April 26	10 - 11 a.m.	Physical Activity - CHT Sackville Drive, Lower Sackville

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, February 10	8:30 - 11:30 a.m.	CHT Sackville Drive, Lower Sackville
Wednesday, February 17	8:30 - 11:30 a.m.	CHT Sackville Drive, Lower Sackville
Wednesday, March 2	8:30 - 11:30 a.m.	CHT Sackville Drive, Lower Sackville
Wednesday, March 9	8:30 - 11:30 a.m.	CHT Sackville Drive, Lower Sackville
Wednesday, March 30	8:30 - 11:30 a.m.	CHT Sackville Drive, Lower Sackville
Wednesday, April 6	8:30 - 11:30 a.m.	CHT Sackville Drive, Lower Sackville
Wednesday, April 13	8:30 - 11:30 a.m.	CHT Sackville Drive, Lower Sackville
Saturday, April 30	8:30 - 11:30 a.m.	CHT Sackville Drive, Lower Sackville

Chebucto

Wednesday, January 27	8:30 - 11:30 a.m.	Community Wellness Centre, Spryfield
Wednesday, February 10	8:30 - 11:30 a.m.	Community Wellness Centre, Spryfield
Wednesday, February 24	8:30 - 11:30 a.m.	Community Wellness Centre, Spryfield

REDUCING YOUR HEALTH RISKS (CONTINUED)

Personal Wellness Profile (continued)

Chebucto (continued)

Wednesday, March 9	8:30 - 11:30 a.m.	Community Wellness Centre, Spryfield
Wednesday, March 23	8:30 - 11:30 a.m.	Community Wellness Centre, Spryfield
Saturday, April 9	8:30 - 11:30 a.m.	Community Wellness Centre, Spryfield
Wednesday, April 20	8:30 - 11:30 a.m.	Community Wellness Centre, Spryfield

Dartmouth

Thursday, January 28	8:30 - 11:30 a.m.	CHT Tacoma Drive, Dartmouth
Thursday, February 4	8:30 - 11:30 a.m.	CHT Tacoma Drive, Dartmouth
Thursday, February 25	8:30 - 11:30 a.m.	CHT Tacoma Drive, Dartmouth
Thursday, March 3	8:30 - 11:30 a.m.	CHT Tacoma Drive, Dartmouth
Thursday, March 31	8:30 - 11:30 a.m.	CHT Tacoma Drive, Dartmouth
Thursday, April 7	8:30 - 11:30 a.m.	CHT Tacoma Drive, Dartmouth
Saturday, April 23	8:30 - 11:30 a.m.	CHT Tacoma Drive, Dartmouth

Halifax Peninsula

Thursday, January 28	8:30 - 11:30 a.m.	CHT Young Street, Halifax Peninsula
Thursday, February 11	8:30 - 11:30 a.m.	CHT Young Street, Halifax Peninsula
Saturday, February 27	8:30 - 11:30 a.m.	CHT Young Street, Halifax Peninsula
Thursday, March 10	8:30 - 11:30 a.m.	CHT Young Street, Halifax Peninsula
Thursday, March 24	8:30 - 11:30 a.m.	CHT Young Street, Halifax Peninsula
Thursday, April 7	8:30 - 11:30 a.m.	CHT Young Street, Halifax Peninsula
Thursday, April 28	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.

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.

Thursday, February 4	9:30 - 11:30 a.m.	Community Wellness Centre, Spryfield
Thursday, February 18	9:30 - 11:30 a.m.	CHT Tacoma Drive, Dartmouth
Thursday, March 3	4:30 - 6:30 p.m.	CHT Young Street, Halifax Peninsula
Wednesday, April 20	6 - 8 p.m.	CHT Sackville Drive, Lower Sackville
Sunday, April 24	1:30 - 3:30 p.m.	Lawrencetown Community Centre, Lawrencetown

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 17	6 - 8 p.m.	Prospect Road Community Centre, Hatchet Lake
Tuesday, February 23	6:30 - 8:30 p.m.	Bedford Public Library, Bedford
Wednesday, March 23	11 a.m. - 1 p.m.	Homburg Centre, Halifax Peninsula
Thursday, April 21	6 - 8 p.m.	CHT Tacoma Drive, Dartmouth

REDUCING YOUR HEALTH RISKS (CONTINUED)

Understand Pain

This session will explain pain, including some of the changes that can occur with chronic pain and help you to better understand it.

Wednesday, March 2	6:30 - 8:30 p.m.	Keshen Goodman Public Library, Clayton Park
Monday, April 4	1 - 3 p.m.	Spencer House, Halifax Peninsula
Monday, April 11	1:30 - 3:30 p.m.	CHT Tacoma Drive, Dartmouth

Want Better Health? Build Better Goals

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

Friday, January 29	10 - 11 a.m.	CHT Tacoma Drive, Dartmouth
Tuesday, February 16	2 - 3 p.m.	Community Wellness Centre, Spryfield
Wednesday, February 17	10 - 11 a.m.	CHT Young Street, Halifax Peninsula
Friday, February 26	10 - 11 a.m.	CHT Sackville Drive, Lower Sackville
Wednesday, March 2	6:30 - 8:30 p.m.	Keshen Goodman Public Library, Clayton Park
Tuesday, March 8	6:30 - 7:30 p.m.	Woodlawn Public Library, Dartmouth
Wednesday, March 16	11 a.m. - noon	Community Wellness Centre, Spryfield
Wednesday, March 16	1:30 - 2:30 p.m.	CHT Young Street, Halifax Peninsula
Thursday, April 14	9 - 10 a.m.	CHT Young Street, Halifax Peninsula
Thursday, April 14	1:30 - 2:30 p.m.	CHT Sackville Drive, Lower Sackville

FOOD, NUTRITION & WEIGHT MANAGEMENT

Best Weight Basics NEW

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

Wednesday, January 27	9:30 - 11:30 a.m.	Halifax Central Public Library, Halifax Peninsula
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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!

Mondays: February 22 - March 14	1:30 - 3:30 p.m.	Lakeside Community Centre, Lakeside
Tuesdays: March 1 - 29 (no session March 15)	9:30 - 11:30 a.m.	CHT Sackville Drive, Lower Sackville
Tuesdays: March 1 - 22	2 - 4 p.m.	Citadel Community Centre, Halifax Peninsula
Tuesdays: March 22 - April 12	6 - 8 p.m.	CHT Tacoma Drive, Dartmouth

Discovering Your Best Weight 4 - Week Program

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

Thursdays: January 28 - February 18	1:30 - 3:30 p.m.	CHT Sackville Drive, Lower Sackville
Fridays: January 29 - February 19	1:30 - 3:30 p.m.	St. Andrews Community Centre, Halifax Peninsula
Tuesdays: February 2 - 23	1:30 - 3:30 p.m.	CHT Tacoma Drive, Dartmouth
Wednesdays: March 30 - April 20	10 a.m. - noon	CHT Tacoma Drive, Dartmouth
Thursdays: March 31 - April 21	6 - 8 p.m.	CHT Young Street, Halifax Peninsula
Mondays: April 4 - 25	1 - 3 p.m.	St. Margaret's Centre, Upper Tantallon
Tuesday: April 5 - 26	6 - 8 p.m.	CHT Sackville Drive, Lower Sackville

FOOD, NUTRITION & WEIGHT MANAGEMENT (CONTINUED)

Food Fads: Fact or Fiction?

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

Wednesday, February 3	11:30 a.m. - 1 p.m.	Homburg Centre, Halifax Peninsula
Wednesday, February 10	6:30 - 8 p.m.	Keshen Goodman Public Library, Clayton Park
Tuesday, March 1	6:30 - 8 p.m.	Woodlawn Public Library, Dartmouth
Wednesday, March 30	7 - 8:30 p.m.	Sackville Library, Lower Sackville

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

Tuesdays: February 16 & 23	10 - 11:30 a.m.	Ivany Place, Hammonds Plains
Mondays: February 22 & 29	1:30 - 3 p.m.	CHT Young Street, Halifax Peninsula
Mondays: February 22 & 29	1:30 - 3 p.m.	CHT Tacoma Drive, Dartmouth
Tuesdays: April 12 & 19	10 - 11:30 a.m.	Northwood, Halifax Peninsula
Fridays: April 15 & 22	9:30 - 11 a.m.	Grace Chapel, Clayton Park

How Healthy is your Plate? Eating for Health

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

Tuesday, January 26	2 - 4 p.m.	Citadel Community Centre, Halifax Peninsula
Monday, February 22	1:30 - 3:30 p.m.	Dartmouth North Community Food Centre, Dartmouth
Friday, March 4	9:30 - 11:30 a.m.	CHT Sackville Drive, Lower Sackville
Tuesday, March 8	9:30 - 11:30 a.m.	Community Wellness Centre, Spryfield
Monday, March 21	9:30 - 11:30 a.m.	CHT Young Street, Halifax Peninsula

Introduction to Making the Most of Your Food Dollar

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

Friday, February 26	1:30 - 3:30 p.m.	Halifax North Memorial Public Library, Halifax Peninsula
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Making the Most of Your Food Dollar 3 - Week Program

Find best buys from each food group in Canada's Food Guide! 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: February 3 - 17	2 - 3:30 p.m.	St John's United Church, Fall River
Fridays: February 19 - March 4	10 - 11:30 a.m.	Northbrook Community Centre, Dartmouth
Wednesdays: March 2 - 16	10 - 11:30 a.m.	CHT Young Street, Halifax Peninsula
Thursdays: March 3 - 17	1:30 - 3 p.m.	Prospect Road Community Centre, Hatchet Lake
Mondays: April 4 - 18	6:30 - 8 p.m.	Ivany Place, Hammonds Plains



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. Please call 902-460-4560 for more information and to schedule an assessment.

“For the past seven weeks I’ve been in the Low Intensity Exercise Program. When I started I could only walk 10 minutes at a very slow pace. Now I can walk normally for 30 minutes.” - Community Citizen



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.

Friday, February 5	9:30 - 11:30 a.m.	CHT Sackville Drive, Lower Sackville
Monday, March 21	9:30 - 11:30 a.m.	Saint Benedict Church, Clayton Park
Friday, April 1	10 a.m. - noon	Tallahassee Recreation Centre, Eastern Passage

Ready, Set, Move

Take the whole 4 - week series or the session that interests you

Join your Community Health Team physiotherapist to 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 two, three and four. Please drop in no later than five business days before the program start date to complete this form.**

Session 1: Beware your Chair!

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

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).

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).

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).

Thursdays: March 3 - 31 (no session March 17)	9:30 - 11:30 a.m.	CHT Sackville Drive, Lower Sackville
Wednesdays: March 30 - April 20	9 - 11 a.m.	St. Andrews Community Centre, Halifax Peninsula
Wednesdays: February 24 - March 16	10 a.m. - noon	CHT Tacoma Drive, Dartmouth
Wednesdays: March 30 - April 20	1:30 - 3:30 p.m.	Prospect Road Community Centre, Hatchet Lake

Weight Management & 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: February 16 & 23	9:30 - 11:30 a.m.	Northwood, Halifax Peninsula
Tuesdays: April 5 & 12	1:30 - 3:30 p.m.	Canada Games Centre, Clayton Park
Mondays: April 18 & 25	6 - 8 p.m.	CHT Tacoma Drive, Dartmouth

EMOTIONAL WELLNESS

Assertiveness Weekly Training

Learn how to speak up for yourself in a respectful way. Learning to be more assertive can improve relationships and improve self confidence. You can start any week and attend as many weeks as you want. Registration is required.

Tuesdays starting January 19	1:30 - 3:00 p.m.	Community Wellness Centre, Spryfield
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Discover Your Personal Strengths 2 - Week Program

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

Thursdays: March 3 & 10	6 - 7:30 p.m.	Northwood, Halifax Peninsula
Fridays: April 22 & 29	10 - 11:30 a.m.	Northbrook Community Centre, Dartmouth
Fridays: January 29 & February 5	10 - 11:30 a.m.	Fairview Family Resource Centre, Fairview

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.

Wednesday, January 27	11 a.m. - 1 p.m.	Homburg Centre, Halifax Peninsula
Monday, March 7	1:30 - 3:30 p.m.	CHT Young Street, Halifax Peninsula
Wednesday, March 23	10 a.m. - noon	CHT Tacoma Drive, Dartmouth
Wednesday, March 23	1 - 3 p.m.	St. Margaret's Centre, Upper Tantallon
Wednesday, April 27	6:30 - 8:30 p.m.	Sackville Public Library, Lower Sackville

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.

Wednesday, February 17	9:30 - 11:30 a.m.	Halifax Central Public Library, Halifax Peninsula
Monday, February 22	1 - 3 p.m.	St. Margaret's Centre, Upper Tantallon
Wednesday, February 24	6:30 - 8:30 p.m.	Sackville Public Library, Lower Sackville
Friday, March 11	1:30 - 3:30 p.m.	Halifax North Memorial Public Library, Halifax Peninsula

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.

Tuesdays: February 2 - 23	2 - 4 p.m.	Citadel Community Centre, Halifax Peninsula
Thursdays: February 11 - March 3	1 - 3 p.m.	CHT Tacoma Drive, Dartmouth
Wednesdays: March 23 - April 13	6 - 8 p.m.	CHT Young Street, Halifax Peninsula
Mondays: April 4 - 25	9:30 - 11:30 a.m.	Community Wellness Centre, Spryfield
Thursdays: April 7 - 28	9:30 - 11:30 a.m.	CHT Sackville Drive, Lower Sackville

Mental Health First Aid Canada – Adults Interacting with Youth 4-Week Program (IWK)

Fridays: February 12 - March 4	9:00 a.m. - 12:30 p.m.	Community Wellness Centre, Spryfield
Tuesdays: February 16 - March 8	9:00 a.m. - 12:30 p.m.	CHT Tacoma Drive, Dartmouth

EMOTIONAL WELLNESS (CONTINUED)

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.

Mondays: February 29 & March 7	9:30 - 11:30 a.m.	Saint Benedict Church, Clayton Park
Tuesdays: March 1 & 8	1:30 - 3:30 p.m.	Vineyard Ministry Centre, Middle Sackville
Tuesdays: April 5 & 12	10 a.m. - noon	St. Andrews Community Centre, Halifax Peninsula
Wednesdays: April 6 & 13	6 - 8 p.m.	CHT Tacoma Drive, Dartmouth

PARENTING

Incredible Years 12 - Week 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 six - 12 years old. Call 902-470-3817 to register.

Thursdays: January 28 – April 28 (no sessions March 17 or April 14)	9:30 - 11:30 a.m.	Beaver Bank Kinsac Elementary School, Beaver Bank (no childcare available)
Tuesdays: January 26 - April 19 (no session March 15)	6:30 - 8:30 p.m.	Cole Harbour Boys and Girls Club, Cole Harbour (some childcare available)
Thursdays: January 28 - April 21 (no session March 17)	6:30 - 8:30 p.m.	Chebucto Family Centre, Spryfield (some childcare available)
Wednesdays: March 2 – May 25 (no session March 16)	6:30 - 8:30 p.m.	Sackville Boys & Girls Club, Lower Sackville (some childcare available)
Tuesdays: March 22 - June 7	9 - 11 a.m.	Harbourview Elementary School, Dartmouth (no childcare available)
Wednesdays: March 23 - June 8	6:30 - 8:30 p.m.	Veith House, Halifax Peninsula (some childcare available)

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.

Mondays: February 1 & 8	6 - 8 p.m.	CHT Tacoma Drive, Dartmouth
Wednesdays: February 17 & 24	1 - 3 p.m.	Mulgrave Park Caring & Learning Centre, Halifax Peninsula
Wednesdays: March 23 & 30	9:30 - 11:30 a.m.	Memory Lane Family Place, Lower Sackville (limited child care available at this location only)
Tuesdays: April 5 & 12	6 - 8 p.m.	Prospect Road Community Centre, Hatchet Lake

Toddlers at the Table – Tips for Healthy and Happy Meals

Meal times can be challenging with a toddler at the table. Join us to learn about healthy eating guidelines and tips for making mealtimes more enjoyable for everyone.

Friday, March 4	10 - 11:30 a.m.	Fairview Family Resource Centre, Fairview
Tuesday, April 12	6:30 - 8 p.m.	Woodlawn Public Library, Dartmouth
Wednesday, April 20	9:30 - 11 a.m.	Memory Lane Family Place, Lower Sackville
Friday, April 22	10 - 11:30 a.m.	Halifax Central Public Library, Halifax Peninsula
Wednesday, April 27	9 - 10:30 a.m.	Shearwater Family Resource Centre, Shearwater

PARTNER PROGRAMS

The Community Health Teams provides space free of charge to community groups to offer their programs and services for the public. The following programs are offered by these partners. **To register, or for more information on partner programs, please refer to the contact information in the program description.**

Beginners Yoga 6-Week Program - Halifax Yoga

Come explore the power and strength in your body as you discover the healing of the ancient practice of yoga. Limited mats available for use – please bring your own if possible. No registration is required, but spaces are limited.

Wednesdays: January 27 - March 2 1:30 - 2:30 p.m. CHT Tacoma Drive, Dartmouth

Benefits of Registered Disability Savings Plans: “Free Money”- Bill Hildreth, Wealth Coach

If you or a family member has a disability you could be receiving government contributions with a Registered Disability Savings Plan and saving for the future. Join us to learn more about this opportunity. **Register by phone 902-209-2183 or email (bill@billhildreth.com).**

Wednesday, January 20 6:30 - 8:30 p.m. CHT Sackville Drive, Lower Sackville

Wednesday, February 17 6:30 - 8:30 p.m. CHT Young Street, Halifax Peninsula

Wednesday, March 16 6:30 - 8:30 p.m. CHT Tacoma Drive, Dartmouth

Wednesday, April 13 2 - 4 p.m. Community Wellness Centre, Spryfield

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

This group provides an opportunity to talk with other bereaved people and offer a positive experience as you move through your own grief. It is for adults who have lost a loved one in the past year. **To register and for more information contact Pamela at 902-465-8472.**

Wednesdays: February 3 & 17, March 2, 16, 6:30 - 8:30 p.m. East Dartmouth Community Centre, Dartmouth
30, April 13 & 27

Budgeting 101 – Credit Counselling Service of Atlantic Canada

You will gain budgeting skills and information on how to limit your debt and get it paid off. **For more information contact Tamara Kelly at 1-888-753-2227 ext 219.**

Tuesday, January 26 noon - 1 p.m. CHT Tacoma Drive, Dartmouth

Thursday, January 28 2 - 3 p.m. CHT Young Street, Halifax Peninsula

Caregiver Support – Caregivers Nova Scotia Association

Do you care for a family member or friend? This group offers a confidential, friendly atmosphere for you to talk with other caregivers about your experiences. **Please call 902-421-7390 for more information and to register.**

Wednesdays: January 6, 20, February 3, 17, 1 - 3 p.m. East Dartmouth Community Centre, Dartmouth
March 2, 16, April 6 & April 20

Thursdays: January 14, February 11, March 10, 2 - 4 p.m. CHT Young Street, Halifax Peninsula
& April 14

Tuesdays: January 19, February 16, March 15, 1 - 3 p.m. Community Wellness Centre, Spryfield
& April 19

Chronic Pain Self Help Working Group – Metro Pain Pals

The goal of this group is to share “positive” coping skills for chronic pain sufferers. If you would like to participate in a self-directed support group to share, socialize, contribute as well as receive support, check us out. **E-mail Thérèse: therese@chebucto.ns.ca or call 902-435-3456 between 3:00 and 7:30 pm.**

January 11, February 22, March 14, & April 11 6:30 - 8:30 p.m. CHT Tacoma Drive, Dartmouth

PARTNER PROGRAMS (CONTINUED)

I forget is that OK? Dementia - Seniors Mental Health Outreach

Come and discuss normal memory loss and ways to keep your brain healthy. We will also review types of dementia and treatments. **No registration is required. Call 902-464-6054 for more information.**

Tuesday, January 26	2 - 3 p.m.	CHT Tacoma Drive, Dartmouth
Monday, April 4	2 - 3 p.m.	CHT Sackville Drive, Lower Sackville

I'm Retired, Now What? - Seniors Mental Health Outreach

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

Monday, April 25	2 - 3 p.m.	CHT Sackville Drive, Lower Sackville
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Introduction to Nordic Pole Walking – Nordic Walking Nova Scotia

Come to this “how to” session where our certified instructors will introduce you to Canada’s fastest growing adult fitness activity. This accessible and inexpensive activity can help you improve and maintain your health. **To register, please contact Bill VanGorder at Bill@NordicWalkingNovaScotia.ca.**

Monday, April 4	10 - 11:30 a.m.	Community Wellness Centre, Spryfield
Monday, April 11	1 - 3:30 p.m.	CHT Sackville Drive, Lower Sackville
Monday, April 18	10 - 11:30 a.m.	CHT Young Street, Halifax Peninsula
Tuesday, April 26	1:30 - 3 p.m.	CHT Tacoma Drive, Dartmouth

Living on Purpose 4 - Week Program - Healthy Minds Cooperative

This program is designed for you to dive deep into the soul of your being, question what has been guiding your life so far, and help you make clear choices that support a higher purpose of existence. **To register please call Irene at 902-404-3504 ext. 202.**

Mondays: February 22 - March 14	10 a.m. - noon	East Dartmouth Community Centre, Dartmouth
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Mindfulness Drop-in Practice Group - Atlantic Contemplative Centre (ACC)

Come to this weekly drop-in group where we will practice mindfulness together and explore its benefits to health, well-being and managing the pace of life. **No Registration required. For more information contact John Dicks at 902-817-1620.**

Thursdays	12:15 - 1:15 p.m.	CHT Young Street, Halifax Peninsula
Thursdays	4 - 5 p.m.	CHT Tacoma Drive, Dartmouth

Multiple Sclerosis Peer Support Health Group - MS Society of Canada

This group provides peer support, allowing for those affected by Multiple Sclerosis to meet, share and receive support based on experiences, thoughts, and feelings. **Please call Valerie at 902-468-8230 ext. 1011 for more information.**

Fridays: January 15, February 19, March 18 & April 15	1 - 3:30 p.m.	CHT Tacoma Drive, Dartmouth
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Noon Meditation – Yvonne Macor of 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 902-431-0111.**

Tuesdays: January 26 - March 15	11:30 a.m. - 12:30 p.m.	Community Wellness Centre, Spryfield
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Personal Directive: What is it and how do I create one? - Ethics Support, Nova Scotia Health Authority

This session focuses on personal directives. Learn more about why they 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, January 27	1:30 - 3:30 p.m.	CHT Young Street, Halifax Peninsula
Thursday, February 11	1 - 3 p.m.	Community Wellness Centre, Spryfield
Wednesday, March 9	1 - 3 p.m.	CHT Sackville Drive, Lower Sackville

PARTNER PROGRAMS (CONTINUED)

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, January 25 - Getting to Know "You"	10 a.m. - noon	East Dartmouth Community Centre, Dartmouth
Monday, February 1 - Getting in Touch with Your Personal Power	10 a.m. - noon	East Dartmouth Community Centre, Dartmouth

Seniors' Home Safety Program – Halifax Regional Police

Learn important safety information and tips to help seniors stay safe in their homes. Topics include: property crime prevention, fire safety, frauds and scams, fall prevention, and elder abuse. **To register call 902-490-2554 or email seniorssafety@halifax.ca**

Wednesday, February 17	11 a.m. - noon	CHT Young Street, Halifax Peninsula
Monday, March 21	11 a.m. - noon	CHT Tacoma Drive, Dartmouth

Seniors' Lifestyle Makeover Challenge – Arthritis Society

The pain of arthritis can hold you back. Join this six week program to gain knowledge, skills and confidence to take control of your disease. **Register by calling to 902-429-7025 or online at info@ns.arthritis.ca**

Wednesdays: April 6, 13, 20, 27, May 4, 11	2 - 4 p.m.	CHT Young Street, Halifax Peninsula
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Smoking Cessation- Getting Started- Addictions & Mental Health Program, Nova Scotia Health Authority

This session provides information to help you make informed decisions about your tobacco use. Various strategies are explored and discussed. **To learn more, please call 902-424-2025. No registration is required.**

Thursdays	10:30 - 11:30 a.m.	Community Wellness Centre, Spryfield
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Stop Smoking 5-Week Program - Addictions & Mental Health Program, Nova Scotia Health Authority

This program is for those wanting to stop or cut down smoking or are looking for reliable information about tobacco use. **Call 902-424-8866 for more information.**

Mondays: January 4 - February 1	6:30 - 7:30 p.m.	East Dartmouth Community Centre, Dartmouth
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Taoist Tai Chi - Certified Tai Chi Instructor

Taoist Tai Chi helps the body return to a balanced, relaxed and healthy state and the mind return to stillness, clarity and wisdom. The movements involve gentle stretching, turning of the waist and spine and uses all the joints in the body. **No registration is required, but spaces are limited.**

Tuesdays: January 19 - February 9	10 - 11 a.m.	CHT Tacoma Drive, Dartmouth
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Top 10 Tips for Understanding and Managing Chronic Pain - Arthritis Society

What is chronic pain? How is chronic pain triggered and diagnosed? This session looks at chronic pain myths and the impact of chronic pain on family members and how to manage this. **No registration required.**

Monday, February 8	2 - 4 p.m.	Community Wellness Centre, Spryfield
Tuesday, March 22	6 - 8 p.m.	CHT Sackville Drive, Lower Sackville

Top 10 Tips for Understanding and Managing Fibromyalgia - Arthritis Society

What is fibromyalgia? How is fibromyalgia diagnosed? This session will look at fibromyalgia myths and the impact of fibromyalgia on family members and how to manage this. **No registration required.**

Thursday, February 4	6 - 8 p.m.	CHT Tacoma Drive, Dartmouth
Monday, March 14	6 - 8 p.m.	CHT Young Street, Halifax Peninsula

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 Elementary, 28 Beaver Bank Road
	Beaver Bank Kinsac Community Centre(multipurpose room), 1583 Beaver Bank Road
Bedford	Bedford Public Library, 15 Dartmouth Road
Fall River	St. John's United Church, 3360 Highway #2 Fall River (just past Sobeys)
Hammonds Plains	Ivany Place (Northwood), 123 Gary Martin Drive, Bedford NS (Behind BMO Centre)
Lower Sackville	CHT Sackville Drive, 833 Sackville Drive (upper level)
	Sackville Public Library, 636 Sackville Drive
	Boys & Girls Club, Sackville Heights Community Centre, 45 Connolly Road
	Memory Lane Family Place, 22 Memory Lane
Middle Sackville	Vineyard Ministry Centre, 1129 Sackville Drive (entrance at back of building)

Chebucto

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
	Saint Benedict Church, 45 Radcliffe Drive (back office door)
Fairview	Fairview Family Resource Centre, 6 Titus Street
Hatchet Lake	Prospect Road Community Centre, 2141 Prospect Road, Hatchet Lake
Lakeside	Lakeside Community Centre, 1492 St. Margaret's Bay Road
Spryfield	Bowlarama, 16 Dentith Road (backside of the Spryfield Shopping Mall)
	Chebucto Connections Store Front, 531 Herring Cove Road
	Chebucto Family Centre, 3 Sylvia Ave
	Community Wellness Centre, 16 Dentith Road
Upper Tantallon	St. Margaret's Centre, 12 Westwood Blvd.
	Tantallon Public Library, 3646 Hammonds Plains Road (Hubley Centre)



COMMUNITY LOCATIONS

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 Boys and Girls Club, 50 Ritcey Crescent (basement of Hillside Wesleyan Church)
Dartmouth	CHT Tacoma Drive, 58 Tacoma Drive
	Dartmouth North Community Food Centre, 6 Primrose Street
	East Dartmouth Community Centre, 50 Caledonia Road
	Harbourview Elementary School, 25 Alfred Street
	Northbrook Community Centre, 2 Chapman Street
	Woodlawn Public Library, 31 Eisener Boulevard
Eastern Passage	Tallahassee Community Centre, 168 Redoubt Way
Lawrencetown	Lawrencetown Community Centre, 3657 Lawrencetown Road
Shearwater	Halifax & Region Military Family Resource Centre, Shearwater Site, 30 Provider 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 North Memorial Public Library, 2285 Gottigen Street
	Halifax Central Public Library, 5440 Spring Garden Road
	Homburg Centre (St. Mary's University), 920 Tower Road
	Mulgrave Park Caring and Learning Centre, 57 Jarvis Lane
	Northwood (Edward L Roach Building), 2615 Northwood Terrace
	Spencer House, 5596 Morris Street
	St. Andrews Community Centre, 3380 Barnsted Lane
	St. Antonio's Community and Cultural Centre, 3141 Chebucto Road
	Vieth House, 3115 Veith Street

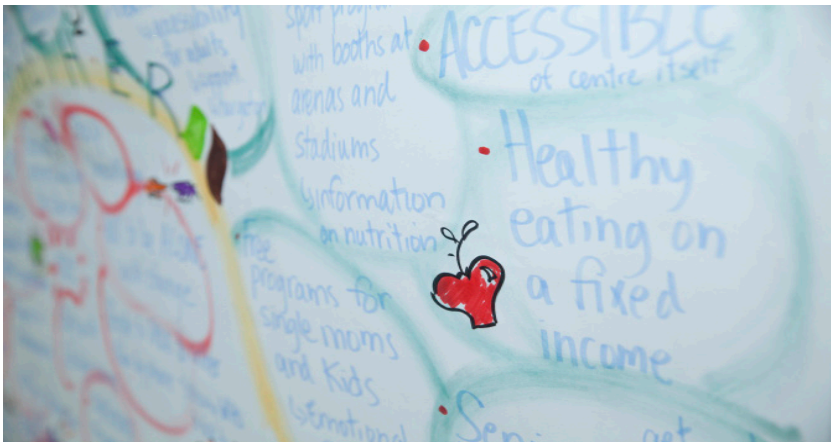


Bedford-Sackville Community Health Team

Community Conversations

Reporting to You: Community Health Team Community Conversations

The Nova Scotia Health Authority is committed to supporting people and communities to be healthy and well. We do this by working with others to create healthy environments, support healthy behaviours, and provide health programs and supports focused on the needs of members of the community. Community Health Teams are an important part of this work. Community Health Teams offer free health and wellness programs and services to help you with your wellness goals - close to where you live and work. Your Bedford-Sackville Community Health Team opened in January 2015. The programs and services we offer are shaped by feedback from people living in the area on what is needed to best support the health of the community and its members. In October 2014 we held community conversations to learn what was important to community members. Here we share what we heard, what we are doing and how we will work with you.



Building Healthier Communities Together

Primary Health Care,
Nova Scotia Health Authority,
in collaboration with IWK Health Centre
and community partners



Community Health Teams

Shaping the Bedford - Sackville Community Health Team

In October 2014, the Bedford-Sackville Community Health Team held conversations with over 60 community members. We wanted to hear what health and wellness programs and services were important to you. Invitations went out through mail, local newspapers and social media.

What We Heard

Community members from Bedford-Sackville and surrounding areas let us know how much they care about the health and wellness of their community. They shared their stories and talked about their needs. Community priorities for programs and services included: **Physical Activity, Navigation, Emotional Wellness, Nutrition & Health Eating, and Support to Self-Manage Health.**

Seniors, young families, single parents and youth were identified as the groups who could most benefit from the Community Health Team.

During the community conversations, some people shared:

- Not knowing what programs and services are available, not having access to transportation and not having programs in their community might make it hard for some community members to access the Community Health Team.
- Community Health Team programs should support access for community members who are socially isolated.
- It would be best to have programs available in a number of different locations at different times of the day. This would bring the team closer to more people and improve access.
- Many people also shared how tough it is to live on a fixed or low income. Cost is a barrier to participate in wellness programs. They were excited to hear that the Community Health Team programs are free and that Community Health Team staff will help connect community members with other free and lower cost programs.



What We Are Doing

We are working to bring the programs and services of the Community Health Team to the whole community. Some of the work we are now doing includes:

- Finding out what is already available in your community so we can let you know about it. We also partner with groups to help bring their programs and services closer to you.
- Finding space in the communities to deliver programs and services.
- Looking into ways to bring key people together to find ways to make a difference on larger system issues like accessibility.
- Letting you and others know what we are doing.

Programs and Services

What we heard in the community conversations shapes the programs and services that the Community Health Team offers. To begin, we will offer programs focused on:

Physical activity, navigation, emotional wellness, nutrition and healthy eating, and supports to self-manage health.

The Community Health Team links, collaborates and partners with different groups to deliver programs and services. We will need the support of others to make the Bedford-Sackville Community Health Team everything it can be.

What You Can Do

If you need help supporting your health goals or need support to connect with services in your community, contact the Community Health Team. We are here to help you find what you need. Call us at **902-460-6750** or drop by our space at 833 Sackville Drive in Lower Sackville to find out more about our services and programs that are available free to you.

Help us spread the word about the Community Health Team! Let your friends and family know about the local programs available to them.



How We Work

The Bedford-Sackville Community Health Team is guided by key principles that came about from the community conversations. The Community Health Team will:

- ▶ Listen to community members and be flexible in responding to their needs.
- ▶ Avoid duplication with existing community supports and services.
- ▶ Support peer learning through group programming so that people can help and support each other.
- ▶ Support people in managing their own health.
- ▶ Be mindful of the needs and issues of seniors, parents and youth in its activities.
- ▶ Respect that people best understand their own life experience and health.
- ▶ Be aware that many things have an effect on the health of individuals and communities.
- ▶ Support community connectedness.
- ▶ Network, partner, and collaborate with others.
- ▶ Connect with community members and stakeholders on an ongoing basis.
- ▶ Be inclusive and make efforts to go to where people live and work to connect and offer programs and services.
- ▶ It takes time for the community to know us and for us to know them.



Thank you!

We thank the community members and community partners for your support. We look forward to working together with you to improve the health and wellness of Bedford-Sackville and the surrounding communities. A special thank you to everyone who participated in the community conversations. Your thoughts have helped shape the programs and directions of your Bedford-Sackville Community Health Team.

We want to hear from you

You can contact us a number of ways:

Drop in at 833 Sackville Drive (Upper Level), Lower Sackville

Call us at 902-460-6750

Email us at cht@nshealth.ca

Visit our website at www.communityhealthteams.ca
