

Handle With Care - NEW

6 week Parenting Program

This program is designed to help parents and caregivers promote the mental health of young children from birth to 6 years old. **Topics include:** trust and healthy attachment, promoting self-care and self-esteem, expressing emotions, and building relationships with others. **Free Child Care available.**

- Wednesdays, November 7th- December 12th, 9:30am-11:30am Chebucto Family Centre, 3 Sylvia Ave
- Mondays, January 7th- February 11th 9:30am-11:30am Memory Lane Family Place, 22 Memory Lane

Preschool INCREDIBLE YEARS

14 week Parenting Program

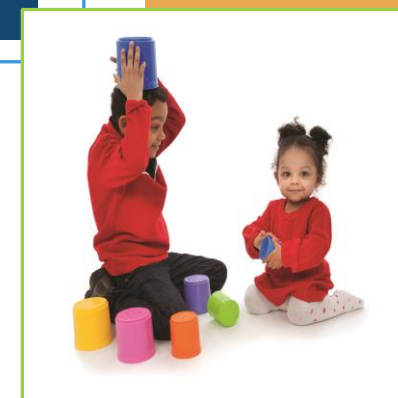
The IWK Health Centre, as part of the Community Health Team, is offering a **FREE** 14-week program for parents of 3 to 6 year olds. The program will focus on improving your child's social and emotional skills and reducing behavior problems. **Space is limited. Advance registration is required. Free Child Care Available**

- Mondays January 14th – May 6th 6:30am-8:30am Chebucto Family Centre, 3 Sylvia Ave (no class Feb 18 & April 22nd)
- Thursdays September 20th – December 20th 5:30pm-7:30p Dartmouth Child Development Centre, 61 Boland Rd.

FREE Programs for Parents

Fall/Winter 2018-2019

Community Health Teams



To register please call
902 460 4560





MY CHILD IS ANXIOUS. SHOULD I WORRY? 2 week program

All children have some anxiety. How do you know when to be concerned? You will learn how to identify early signs of anxious feelings in your child, up to 12 years old, and skills to help your child manage everyday anxiety. You will have the opportunity to practice these new skills at home and come back to discuss with the group. Information on additional health and community resources will also be available.

• Wednesdays October 17th & 24rd 6:00-8:00pm –St Margaret’s Bay Elementary School, 24 Ridgewood Rd.

• Fridays February 1st and 8th 9:30am-11:30 am-- Dartmouth CHT, 58 Tacoma Dr.

Parent Wellness Series - NEW

This program begins with “My Child is Anxious. Should I Worry?” A two week program to help parents learn to identify early signs of anxious feelings in their children and skills to help them manage everyday anxiety. The next two weeks focus on adult stress and adult sleep concerns and their impact on parenting. Registration for all 4 sessions is required. Have both your health and your child’s health card ready when you call to register.

• Wednesdays, October 10th-31st 9:30am-11:30am Bayers Westwood Family Resource Centre, 3499 McAlpine Ave.

• Mondays, November 19th – December 10th 6:00pm-8:00pm Uniacke District School, 551 1 Hwy, Mount Uniacke

To register please call

902 460 4560

School-Aged INCREDIBLE YEARS

12 week Parenting Program

The IWK Health Centre, as part of the Community Health Team, is offering a **FREE** 12-week program for parents of **6 to 12 year olds**. The program will focus on improving your child’s social and emotional skills and reducing behavior problems. **Space is limited. Advance registration is required. Free Child Care Available**

- Tuesdays, September 25th-December 11th 6:30pm-8:30pm YWCA Spryfield, 358 Herring Cove Rd
- Tuesdays September 25th - December 11th 6:00 pm to 8:00 pm Sackville Boys and Girls Club
- Wednesdays, November 7-February 6th 6:30pm-8:30pm Veith House, 3115 Veith St. (no classes over Christmas holidays)
- Tuesdays January 23rd - April 16th 6:00pm-8:00pm Sackville Boys and Girls Club 45 Connolly Rd. (no class March break)
- Wednesdays January 22nd – April 17th (no class March Break) 9:30am-11:30am South Woodside School, 5 Everette St, (no childcare)
- Thursdays, January 24th - April 18th 6:30pm-8:30pm Cole Harbour Boys and Girls Club, 50 Ritcey Cres. (no class March break)

Parenting Your Teenager - Walking the Middle Path IWK Mental Health and Community Health Teams

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

- Saturday, November 17th 9:00am-4:30pm East Preston Family Centre, 1900 Highway 7, East Preston
- Saturday, January 26th 9:00am-4:30pm Spryfield Community Wellness Centre, 16 Dentith Rd.

More Smiles, Less Tears at the Table IWK Pediatric Dietitians and Occupational Therapists

Are meal times stressful in your home? Join us as the IWK discusses healthy mealtime habits, how to introduce new foods and tips for more smiles and less tears at the table! For care providers of children of all ages. **Register by emailing Janice Davis at**

Janice.davis@iwk.nshealth.ca

- Monday, November 5th 1:30pm – 3pm Community Wellness Centre, Spryfield
- Wednesday, October 17th 6:30pm – 8pm CHT Bedford Place Mall, Bedford
- Thursday, January 31st 6:30pm – 8pm CHT Tacoma Drive, Dartmouth
- Thursday, February 21st 6:30pm – 8pm CHT Young Street, Halifax Peninsula