

# Community Health Teams

## Free Programs for Parents of Teenagers 2018/19

### Parenting Your Teenager - Walking the Middle Path 1 Day Workshop

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



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

This program is offered in partnership with IWK Community Mental Health & Community Health Teams.

### 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 Oct 17<sup>th</sup> & 24<sup>th</sup> 6:00-8:00pm - St Margaret's Bay Elementary School, 24 Ridgewood Rd.
- Fridays February 1<sup>st</sup> and 8<sup>th</sup> 9:30am-11:30 am - Dartmouth CHT, 58 Tacoma Dr.

**Space is limited. Registration is required. (902)460-4560**

# Community Health Teams



Mental Health  
Commission  
of Canada

Commission de  
la santé mentale  
du Canada

Mental Health  
First Aid Canada



## Free Program for Adults Interacting With Youth

### Mental Health First Aid Canada- Adults Interacting with Youth 14 hour Certification Program

**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.**

- Tuesdays Oct 23, 30, Nov 6 & 13, 2018  
1-4:30pm NSCC, 5685 Leeds St. Halifax

**To register for these programs, please call (902)-460-4560**

**For more information on our other programs, please go to:**

[www.communityhealthteams.ca](http://www.communityhealthteams.ca)

