



Free Programs for Parents

Fall/Winter 2019/2020

To Register Please Call 902-460-4560

HANDLE WITH CARE - 6 week 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.**

- Thursdays, October 17th – November 21st, 9:30am-11:30am, Memory Lane Family Place, 22 Memory lane (Behind Fultz House), Lr Sackville

SCHOOL AGED INCREDIBLE YEARS - 12 week program

This program focuses on improving your child's social and emotional skills and reducing behaviour problems. It is for parents of 6 to 12 year olds. **Space is limited. Advance registration is required. Free Child Care available.**

- Tuesdays, Sept 24th- Dec 10th, 6:00pm - 8:00pm, Lower Sackville Boys and Girls Club, 45 Connolly road
- Thursdays, Sept 26th – Dec 12th, 6:30 – 8:30pm, Veith House, 3115 Veith Street, Halifax
- Wednesdays, Nov 6th – Feb 5th, 6:00-8:00pm, East Dartmouth Community Centre, 50 Caledonia Rd
- Tuesdays, Jan 14th – April 7th (no class March 17th), 6:30-8:30pm, YMCA, Spryfield, 358 Herring Cove Road
- Wednesdays, Jan 15th – April 15th (no class March 18th & 25th), 6:00pm - 8:00pm, Lower Sackville Boys & Girls Club

PRE-SCHOOL INCREDIBLE YEARS - 14 week program

This program focuses on improving your child's social and emotional skills and reducing behaviour problems. It is for parents of 3 to 6 year olds. **Space is limited. Advance registration is required. Free Child Care available.**

- Wednesdays, Sept 18th – Dec 18th, 9:30-11:30am, Chebucto Family Centre, Spryfield, 3 Sylvia Avenue
- Thursdays, Feb 20th – May 28th, (no class April 2) 6:00pm-8:00pm, Dartmouth Child Development Centre, 61 Boland Road

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.

- Tuesdays, Sept 24th & Oct 1st, 6:00 – 8:00pm, Sambro Elementary School, 3725 Old Sambro Road
- Tuesdays, Nov 19th & 26th, 9:30 – 11:30am, Halifax Community Health Team, Young street (Young Tower)
- Tuesdays, Jan 21st & 28th, 6:30pm-8:30pm, Bedford Northwood (Ivany Place), 123 Gary Martin Drive



Free Programs for Parents

Fall/Winter 2019/2020

To Register Please Call 902-460-4560

PARENT WELLNESS SERIES - 4 week program

The first two weeks of this program begin with “My child is anxious. Should I worry?” (see description above); a 2 week program to help parents learn to identify early warning 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 at all 4 sessions is required. Child care is available.

- Thursdays, Oct 3rd – 24th, 9:30 – 11:30am, East Preston Family Resource Centre, 1900 Highway 7
- Fridays, Jan 10th – 31st, 10:00am – noon, Fairview Family Resource Centre, 6 Titus Street

PARENTING YOUR TEENAGER- WALKING THE MIDDLE PATH - One day workshop

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

- Saturday, November 23rd, 9:00am- 4:30pm, Lower Sackville- Sackville Heights Community Centre, 45 Connolly Road.
- Saturday February 1st, 9:00am – 4:30pm, Fairview Family Resource Centre, 6 Titus Street.

*****The Community Health Team provides free space to community groups to offer their programs and services. The following programs are offered by these partners.**

Parent/Caregiver 101 Series

IWK Pediatric Dietitians and Occupational Therapists

Register by emailing Janice Davis at Janice.Davis@iwk.nshealth.ca

Behaviour 101

Understand the basics of why unwanted behaviours happen and how to implement simple, positive behavior support strategies to help prevent them.

- Tuesday- Oct 8th, 6:00pm-7:30pm, Bedford/Sackville CHT Bedford Place Mall
- Friday – Nov 1st, 9:30 – 11:00am, Community Wellness Centre, 16 Dentith Avenue, Spryfield
- Tuesday – Jan 14th, 6:00- 7:30pm, Dartmouth Community Health Team, 58 Tacoma drive.

Mealtime 101

Discuss healthy mealtime habits, how to introduce new foods & variety plus lots of tips and tricks to keep your child smiling at the table.

- Tuesday- Oct 15th, 6:00pm-7:30pm, Bedford/Sackville CHT, Bedford Place Mall
- Friday – Nov 15th, 9:30 – 11:00am, Community Wellness Centre, 16 Dentith Road.
- Tuesday – Jan 21st, 6:00-7:30pm, Dartmouth Community Health Team, 59 Tacoma drive.

Toileting 101

Discuss considerations and supports to help set your child up for toilet training success.

- Tuesday- Oct 22nd, 6:00pm-7:30pm, Bedford/Sackville CHT Bedford Place Mall
- Friday – Nov 15th, 9:30 – 11:00am, Community Wellness Centre, 16 Dentith Avenue, Spryfield
- Tuesday – Jan 28th, 6:00 – 7:30pm, Dartmouth Community Health Team, 58 Tacoma Drive.