

PARENTING PROGRAMS

Community Health Team
Free Online and In-Person
Wellness Programs

Please register online at
www.communityhealthteams.ca
or call 902-460-4560

Please have your child's health card number on hand during this call.

Incredible Years - School Age (12 Weeks)

This program focuses on improving your child's social and emotional skills and reducing behaviour problems. It is for **parents of children who are 6-12 years old.**

Wednesdays, Sept 15-Dec 1, 6:00-8:00pm (virtual)

Tuesdays, Oct 5-Dec 21, 6:00-8:00pm (virtual)

FULL

Incredible Years - Preschool (14 Weeks)

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.**

Saturdays, Sept 18-Dec 18, 9:30-11:30am (virtual)

Mondays, Nov 1-February 7th, 6:00-8:00pm (virtual)



Handle with Care (8 Weeks)

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.

Fridays, Sept 24-Nov 12, 9:30-11:00am (virtual)

FULL

Parenting Your Teen - Walking the Middle Path (6 Weeks)

Learn to better understand your **teen**, improve communication and help your family run more smoothly. This program is facilitated with IWK Community Mental Health and the Community Health Teams. It is available **only to those living in the greater Halifax area.**

Tuesdays, Oct 26-Nov 30, 4:00-5:30pm (virtual)

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Screen Time and Your Family

We live in a world where screens are everywhere. Learn about the risks and benefits of screen time and ways to help your family. **For parents of children 0-12 years.**

Monday, Sept 20, 6:30-8:00pm (virtual)

My Child is Anxious. Should I Worry? (2 Weeks)

Learn how to identify early signs of anxious feelings in your children and skills to help them manage everyday anxiety. **For parents and caregivers of children up to 12 years.**

Virtual: Mondays, Sept 27 & Oct 4, 1:00-2:30pm

In person: Thursdays, Dec 2 & 9, 9:30-11:30am

Self-Compassion for Parents

Parenting is a difficult job. Being self-compassionate can help provide us comfort, improved health and increase our sense of satisfaction in our roles as parents. Join us to practice ways to promote self-compassion when we experience difficulties in our everyday lives.

Monday, Nov 8, 12:00-1:00pm (virtual)



OTHER PROGRAMS BY NS HEALTH & IWK

Parent/Caregiver 101 Series -
Behaviour, Mealtime & Toileting.

Register for one or all three sessions listed
below. To register, email
angela.samson@iwk.nshealth.ca

All programs offered online via Zoom for
Healthcare by Community Health Teams and
IWK Health.

Behaviour 101

Learn the basics of why unwanted behaviours happen and how to implement simple positive behaviour support strategies to help prevent them.

Tuesday, Sept 21, 6:00-7:30pm (virtual)
Wednesday, Nov 17, 6:00-7:30pm (virtual)



Mealtime 101

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

Tuesday, Sept 28, 6:00-7:30pm (virtual)
Thursday, Nov 25, 6:00-7:30pm (virtual)



Toileting 101

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

Wednesday, Oct 6, 6:00-7:30pm (virtual)
Thursday, Dec 2, 6:00-7:30pm (virtual)



To check out other online programs offered by Nova Scotia Health and the IWK, you can visit www.healthyns.ca