

# PARENTING PROGRAMS SPRING/SUMMER 2024

Register Now!

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

Please have your child's health card number on hand for registration  
Each parent who wants to attend any of the sessions must register individually  
If you have any questions, call the Community Health Teams at 902-460-4560

## 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 role as parents. Join us to practice ways to promote self-compassion when we experience difficulties in our everyday lives.

Monday - June 24, 10:30-noon - Sunflower by Adsum  
Tuesday - July 9, noon-1:00pm - Zoom for Healthcare



## INCREDIBLE YEARS - PRESCHOOL AGE -14 WEEK PROGRAM

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.**

Thursdays - March 21 to June 20, 6:00-8:00pm - Dartmouth CHT

## INCREDIBLE YEARS - SCHOOL AGE -12 WEEK PROGRAM

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.**

Fridays - April 5 to June 21, 10:00-noon - Chebucto Family Centre (*childcare available*)  
Wednesdays - March 27 to June 12, 6:00-8:00pm - Zoom for Healthcare

## MY CHILD IS ANXIOUS. SHOULD I WORRY? - 2 WEEK PROGRAM

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 old.**

Thursdays - April 4 & 11, 6:00-8:00pm - Cole Harbour Library  
Tuesdays - May 7 & 14, 10:00-noon - Halifax Central Library  
Thursdays - May 16 & 23, 5:30-7:30pm - Bedford Public Library  
Thursdays - July 11 & 18, 10:00-noon - Zoom for Healthcare



All programs offered for free via Zoom for Healthcare or In Person by

## PARENTING YOUR TEENAGER - WALKING THE MIDDLE PATH - 6 WEEK PROGRAM

Learn to better understand your teen and how their brain works as well as practicing skills to improve communication to help your family run more smoothly.

**Wednesdays - April 10 to May 15, 5:00-6:30pm - Zoom for Healthcare**

## INTRODUCTION TO PARENTING YOUR TEENAGER

Learn to better understand your teen and how their brain works as well as practicing skills to improve communication to help your family run more smoothly.

**Tuesday - April 16, 6:00-7:30pm - Sackville Public Library**

**Monday - June 10, 6:30-8:00pm - John W. Lindsay YWCA**



## HANDLE WITH CARE - 7 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.

**Mondays - April 8 to 29, 9:30-11:30am - Mulgrave Park Caring and Learning Centre (childcare available)**

**Tuesdays - June 4 to 18, 10:00-noon - Chebucto Family Centre (childcare available)**

## 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 and caregivers of children up to 12 years old.**

**Monday - May 27, 10:00-11:30am - Woodlawn Public Library**

**Thursday - June 13, 6:00-7:30pm - Sackville Heights Community Center**



## MENTAL HEALTH FIRST AID: ADULTS INTERACTING WITH YOUTH

Learn how to support youth ages 12-24 years experiencing a decline in their mental health. This program is intended for parents, guardians and volunteers. Other adults supporting youth in unpaid roles are welcome. Attendance in all 3 sessions required.

**Friday - March 22, noon-1:00pm - Zoom for Healthcare**  
**Saturdays - April 6 & 13, 9:00-1:00pm - Zoom for Healthcare**



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