



Free

Health & Wellness Programs

Wellness Navigation

Reducing Your Health Risks

Healthy Eating

Physical Activity

Mental Wellness

Parenting



communityhealthteams.ca
902-460-4560

Program Information



Please ask about accessibility and interpretation services.

Community Health Teams (CHTs) are a service of Nova Scotia Health and IWK Health. We offer free navigation services and group wellness programming. Our team of healthcare professionals help people across the lifespan to improve your health and wellness. This flexible service does not require a referral.

Group Wellness Programs provide health information, resources, and strategies to make health behaviour changes. Topic areas include Reducing Your Health Risks, Healthy Eating, Physical Activity, Mental Wellness, and Parenting.

Registration is required for all programs. You can register for most programs online at [Community Health Teams](#) and use the **register now button**. You may also register by calling **902-460-4560**. Please make sure you press 1 for Bedford/Sackville, 2 for Chebucto, 3 for Dartmouth and 4 for Halifax.

Community Health Teams partner with HealthyNS to provide free online health and wellness programs. Scan the QR code or visit *HealthyNS* to explore the options!



The Nova Scotia Brotherhood and the Nova Scotia Sisterhood are teams of Black healthcare professionals providing free services to Black men and women including medical care, health education, chronic disease management, wellness navigation and more!



Visit [Nova Scotia Sisterhood](#) for more information, or call (902) 399-5473.

Visit [Nova Scotia Brotherhood](#) for more information, or call (902) 434-0824.

Table of Contents

	Wellness Navigation	3
	Reducing Your Health Risks	4
	Healthy Eating	6
	Physical Activity	11
	Mental Wellness	15
	Parenting – offered by the IWK	19



Wellness Navigation



Wellness Navigation – Everyone needs a little help sometimes.

Understanding and getting connected to the right support can be complicated. Our team of health care providers can help you identify health barriers and connect you to the right resources. This is a free, non-urgent service that you can book yourself. A referral is not required. Appointments can happen in person, by phone or virtually. **This service is available to those living in the greater Halifax area with a valid health card.**

Adult Wellness Navigation – offered by Wellness Navigators for those that are 18+

- Are you feeling stressed?
- Are you struggling with your health, money, housing, or mental wellness?
- Do you want to join a group or feel more connected to your community?
- And **more**

Children, Youth, and Family Wellness Navigation – offered by IWK Health Mental Health & Wellness Coordinators offer children, youth, and families personalized support through our Wellness Navigation service.

- Are you a parent with concerns about your child’s mood or behavior?
- Are you a youth looking for support in connecting to recreation and physical activity programming?
- Would your family benefit from support with housing, medication coverage, or food security?
- And **more**

Healthy Eating Navigation – offered by a Registered Dietitian for those that are 18+

- Find programs and services to help meet your healthy eating goals.
- Help connect or refer you to supports.
- And **more**

Physical Activity Navigation – offered by a Physiotherapist for those that are 18+

- Find physical activity programs and resources online or in your community.
- Get support to help you meet your physical activity goal.
- And **more**

Please note: The confidential services listed above focus on wellness needs and do not provide disease or condition-specific counseling

Call 902-460-4560 to book your navigation today!

Health Goal Coaching

Do you want to make positive changes to your health? Are you having trouble sticking to your goals or feeling unsure about where to begin? You’re not alone! A Health Goal Coach can support you with your goals and staying on track. To book an intake appointment call 902-460-4560 (press 1 for Bedford/Sackville, 2 for Chebucto, 3 for Dartmouth and 4 for Halifax).

[Click here](#) to Register

Ideas Into Action. Small Steps. Big Success!

Having difficulty reaching your health goals? Join us to learn the process of creating realistic and achievable goals to live your healthiest life.

Monday, March 31	1:30-3:00 pm	Dartmouth CHT	Click here to Register
Monday, May 5	1:30-3:00 pm	Halifax CHT	Click here to Register
Wednesday, May 21	10:00-noon	Spryfield Wellness Centre	Click here to Register
Tuesday, June 24	9:30-11:00 am	Bedford/Sackville CHT	Click here to Register

Visit [HealthyNS.ca](#) to view an interactive recording of this session.

Prediabetes

Prediabetes (when blood sugars are above the normal range) offers a warning that you are at risk of developing diabetes. Learn how lifestyle choices can give you a chance to change your future.

Wednesday, April 16	5:00-7:30 pm	Salvation Army Fairview	Click here to Register
Tuesday, April 22	6:00-8:30 pm	Woodlawn Public Library	Click here to Register
Tuesday, May 6	6:00-8:30 pm	Memory Lane Family Place	Click here to Register
Wednesday, May 14	6:00-8:30 pm	Halifax Central Library	Click here to Register
Thursday, May 22	1:30-4:00 pm	Capt. William Spry Public Library	Click here to Register
Wednesday, June 18	1:00-3:30 pm	Dartmouth CHT	Click here to Register
Monday, June 23	9:30-noon	Bedford/Sackville CHT	Click here to Register
Tuesday, July 8	9:30-noon	Spryfield Wellness Centre	Click here to Register
Monday, July 14	9:30-noon	Halifax CHT	Click here to Register
Thursday, August 21	1:00-3:30 pm	Bedford/Sackville CHT	Click here to Register
Monday, August 25	9:30-noon	Dartmouth CHT	Click here to Register

Building Better Sleep

Do you wonder how you could get a better night’s sleep? Sleep is vital to our physical health, mental health, and overall well-being. Join us for a discussion about why we sleep, what impacts our sleep, and discover other tips to get a better sleep.

Monday, March 31	1:30-3:30 pm	Bedford/Sackville CHT	Click here to Register
Monday, March 31	5:30-7:30 pm	Spryfield Wellness Centre	Click here to Register
Friday, April 25	10:00-noon	Cole Harbour Public Library	Click here to Register
Wednesday, May 7	2:00-4:00 pm	Spryfield Wellness Centre	Click here to Register
Wednesday, May 14	9:30-11:30 am	St Andrews Community Centre	Click here to Register
Tuesday, June 24	6:00-8:00 pm	Bedford/Sackville CHT	Click here to Register
Wednesday, June 25	10:00-noon	Chebucto Family Centre	Click here to Register
Tuesday, July 14	9:30-11:30 am	Dartmouth CHT	Click here to Register
Wednesday, August 13	10:00-noon	St. Peters Church (Hackett’s Cove)	Click here to Register
Tuesday, August 19	1:30-3:30 pm	Halifax CHT	Click here to Register
Friday, August 22	9:30-11:30 am	Bedford/Sackville CHT	Click here to Register

Understand Pain

This series will explain how the pain system works. You will learn how the body changes with chronic pain. You will also learn about the factors affecting pain and real ways to manage your pain. Attendance the first week of the series is required.

- The Online Zoom Program is a 3 week series.
- The in-person program is a 2 week series.

Fridays, March 28-April 11	noon-1:15 pm	Online Zoom Program	Click here to Register
Fridays, April 4 & 11	10:00-noon	Salvation Army Fairview	Click here to Register
Tuesdays, June 3-17	2:00-3:15 pm	Online Zoom Program	Click here to Register
Wednesdays, June 4 & 11	1:00-3:00 pm	Dartmouth CHT	Click here to Register
Monday, July 21 & 28	1:30-3:30 pm	Halifax CHT	Click here to Register

Your Heart Matters – 4 Week Program

Many people have risk factors for heart disease and stroke. The good news is many of these can be managed and improved! In this series you will learn how healthy eating, physical activity, stress, sleep and substances impact your heart health. You will also learn how to create your own action plan for the changes you would like to make.

Wednesdays, April 9-30	1:00-3:00 pm	Dartmouth CHT	Click here to Register
Tuesdays, May 6-27	10:00-noon	Halifax Central Library	Click here to Register
Thursdays, May 8-29	6:00-8:00 pm	Canada Games Centre	Click here to Register
Mondays, June 2-23	10:00-noon	Dartmouth CHT	Click here to Register
Thursdays, June 5-26	6:00-8:00 pm	Bedford/Sackville CHT	Click here to Register

Are you looking to be connected to local healthy eating resources?
Call 902-460-4560 and ask for healthy eating navigation.

Healthy Eating 101

Confused about where to start with healthy eating? Get back to basics with information on eating well from Canada’s Food Guide.

Wednesday, April 2	2:00-3:00 pm	Memory Lane Family Place	Click here to Register
Wednesday, May 14	1:30-2:30 pm	Dartmouth CHT	Click here to Register
Tuesday, June 17	10:00-11:00 am	St John’s United Church Fall River	Click here to Register
Thursday, July 24	noon-1:00 pm	Halifax CHT	Click here to Register
Tuesday, August 12	1:30-3:30 pm	Keshen Goodman Public Library	Click here to Register
Friday, August 29	10:00-11:00 am	Cole Harbour Public Library	Click here to Register

Explore the Mediterranean Diet

Interested in lowering your risk of heart disease, Alzheimer’s, and diabetes? Learn how you can improve your health by following the Mediterranean way of eating.

Tuesday, March 18	9:30-11:30 am	Bedford/Sackville CHT	Click here to Register
Tuesday, March 25	1:00-3:00 pm	Dartmouth CHT	Click here to Register
Friday, March 28	9:30-11:30 am	Halifax CHT	Click here to Register
Tuesday, April 1	10:00-noon	Spryfield Wellness Centre	Click here to Register
Monday, April 28	1:30-3:30 pm	Bedford/Sackville CHT	Click here to Register
Wednesday, May 21	6:00-8:00 pm	Woodlawn Public Library	Click here to Register
Thursday, May 22	6:00-8:00 pm	NSCC (Leeds St)	Click here to Register
Tuesday, May 27	1:30-3:30 pm	Spryfield Wellness Centre	Click here to Register
Wednesday, June 4	10:00-noon	Chebucto Family Centre	Click here to Register
Tuesday, June 10	2:00-4:00 pm	Salvation Army Fairview	Click here to Register
Thursday, July 3	1:30-3:30 pm	Bedford/Sackville CHT	Click here to Register
Tuesday, July 8	1:30-3:30 pm	Keshen Goodman Public Library	Click here to Register
Monday, August 18	9:30-11:30 am	Dartmouth CHT	Click here to Register
Tuesday, August 26	9:30-11:30 am	Bedford/Sackville CHT	Click here to Register

Beyond Weight. Shifting Focus to Health – 11 Week Program

This program supports you to shift focus away from weight as a measure of your health. In this interactive virtual group we will explore how to make lasting change in the areas of nutrition, physical activity and mental well-being. We will discuss the complexities of weight and learn strategies to support change. This program does not focus on “dieting” and individualized meal plans will not be provided. Each week you will set your own goals and make a plan to achieve them.

Thursdays, April 3-June 12	noon-1:00 pm	Online Zoom Program	Click here to Register
----------------------------	--------------	---------------------	--



Food and Mood

Have you ever thought about the connection between what you eat and how you feel? Food choices and eating habits can affect mood, but how you feel can also influence what you eat. What’s good for your body is good for your mood!

Wednesday, April 2	10:00-noon	Chebucto Family Centre	Click here to Register
Wednesday, April 23	6:00-8:00 pm	Keshen Goodman Public Library	Click here to Register
Thursday, May 1	9:30-11:30 am	Bedford/Sackville CHT	Click here to Register
Tuesday, May 13	6:00-8:00 pm	Woodlawn Public Library	Click here to Register
Tuesday, June 24	1:30-3:30 pm	Bedford/Sackville CHT	Click here to Register
Monday, June 16	9:30-11:30 am	Halifax CHT	Click here to Register
Tuesday, June 17	1:30-3:30 pm	Spryfield Wellness Centre	Click here to Register
Thursday, August 21	10:00-noon	Dartmouth CHT	Click here to Register

Eat Well, Age Well

Healthy eating is important at any age, but it plays a key role in promoting physical and emotional wellness as you get older. Come learn about key nutrients, foods, and habits to help you eat well as you age.

Monday, March 24	9:30-11:30 am	Bedford/Sackville CHT	Click here to Register
Thursday, March 27	6:00-8:00 pm	Halifax CHT	Click here to Register
Thursday, April 3	1:30-3:30 pm	Spryfield Wellness Centre	Click here to Register
Tuesday, April 15	10:00-noon	St. Peters Church (Birch Cove)	Click here to Register
Wednesday, April 23	6:00-8:00 pm	Cole Harbour Public Library	Click here to Register
Tuesday, May 27	1:30-3:30 pm	Beaver Bank Kinsac Comm. Centre	Click here to Register
Tuesday, June 10	10:00-noon	Dartmouth CHT	Click here to Register
Wednesday, June 11	1:30-3:30 pm	Halifax CHT	Click here to Register
Friday, July 11	9:30-11:30 am	Bedford/Sackville CHT	Click here to Register

Making Peace with Food – 2 Week Program

Are you tired of rigid and restrictive weight-loss diets? What if there was another way to approach healthy eating by focusing on gradual changes and flexibility over time? Join us to gain a deeper awareness of how thoughts and emotions influence our eating patterns. We will also explore how to notice hunger and fullness cues and practice mindful eating. Learn how being kinder to ourselves can help us work towards our health goals.

Mondays, March 31 & April 7	1:30-3:30 pm	Halifax CHT	Click here to Register
Mondays, April 7 & 14	1:00-3:00 pm	Woodlawn Public Library	Click here to Register
Tuesdays, April 15 & 22	5:30-7:30 pm	Sackville Public Library	Click here to Register
Wednesdays, May 14 & 22	6:00-8:00 pm	Spryfield Wellness Centre	Click here to Register
Fridays, June 6 & 13	9:30-11:30 am	Bedford/Sackville CHT	Click here to Register
Fridays, June 6 & 13	10:30-12:30 pm	Halifax Central Library	Click here to Register
Mondays, July 14 & 28	1:30-3:30 pm	Spryfield Wellness Centre	Click here to Register
Tuesdays, August 19 & 26	10:00-noon	Dartmouth CHT	Click here to Register

Beginners Guide to Plant-Based Eating

This program is for anyone interested in eating more plant-based foods but is unsure where to start. Learn how to get the benefits of plant-based eating in a simple and cost effective way without eliminating other foods you enjoy.

Wednesday, March 26	9:30-11:30 am	Bedford/Sackville CHT	Click here to Register
Wednesday, April 9	6:00-8:00 pm	Spryfield Wellness Centre	Click here to Register
Tuesday, April 15	1:30-3:30 pm	Woodlawn Public Library	Click here to Register
Monday, May 12	1:30-3:30 pm	Halifax CHT	Click here to Register
Tuesday, May 20	5:30-7:30 pm	Sackville Public Library	Click here to Register
Tuesday, May 20	6:00-8:00 pm	Prospect Road Community Centre	Click here to Register
Friday, June 6	9:30-11:30 am	Dartmouth CHT	Click here to Register
Tuesday, July 15	1:30-3:30 pm	Spryfield Wellness Centre	Click here to Register
Wednesday, August 20	10:00-noon	Halifax CHT	Click here to Register
Wednesday, August 27	9:30-11:30 am	Kiwanis Club of Dartmouth	Click here to Register
Thursday, August 28	1:30-3:30 pm	Bedford/Sackville CHT	Click here to Register

Meal Planning and Recipe Inspiration

Meal planning can seem intimidating, and it can be hard to know where to start. Learn about the foundations for successful meal planning and leave with a plan that is flexible and realistic for you. You will receive a worksheet to help make a meal plan and a recipe booklet to start you on your journey.

Wednesday, April 2	6:00-8:00 pm	Woodlawn Public Library	Click here to Register
Tuesday, April 8	9:30-11:30 am	Bedford/Sackville CHT	Click here to Register
Monday, April 14	1:30-3:30 pm	Bethany United Church	Click here to Register
Tuesday, May 6	10:00-noon	Spryfield Wellness Centre	Click here to Register
Thursday, May 29	1:30-3:30 pm	Bedford/Sackville CHT	Click here to Register
Tuesday, June 3	6:00-8:00 pm	Halifax CHT	Click here to Register
Thursday, July 10	9:30-11:30 am	Dartmouth CHT	Click here to Register
Thursday, July 17	1:30-3:30 pm	Spryfield Wellness Centre	Click here to Register
Monday, August 18	9:30-11:30 am	St John’s United Church Fall River	Click here to Register

Making the Most of Your Food Dollar

Learn how to get more value and nutrition from your food dollar. You will receive recipes and resources to help you organize, plan and prepare healthy low-cost dishes at home.

Tuesday, April 1	1:30-3:00 pm	Woodlawn Public Library	Click here to Register
Wednesday, April 9	1:30-3:00 pm	Northwood Comm. Centre Bedford	Click here to Register
Friday, April 25	10:00-11:30 am	Spryfield Wellness Centre	Click here to Register
Wednesday, May 21	10:00-11:30 am	Halifax CHT	Click here to Register
Tuesday, June 10	10:00-11:30 am	Bedford/Sackville CHT	Click here to Register
Monday, June 16	10:00-11:30 am	Alderney Public Library	Click here to Register
Thursday, July 10	1:30-3:00 pm	St. Pauls Family Resources Institute	Click here to Register
Wednesday, August 27	1:30-3:00 pm	Memory Lane Family Place	Click here to Register



Tell us what is important to support your health and wellness. Please visit: [YourVoiceMattersCHT.ca](#) to complete our 3-5 minute survey.



Be Good to Your Gut

Did you know that good health starts in your gut? Learn how your digestive system works, the role of your gut bacteria, and how to feed your gut for good health.

Wednesday, April 9	6:00-8:00 pm	Halifax Central Library	Click here to Register
Wednesday, April 23	5:30-7:30 pm	Bedford Public Library	Click here to Register
Tuesday, April 29	1:30-3:30 pm	Woodlawn Public Library	Click here to Register
Wednesday, May 21	6:00-8:00 pm	Keshen Goodman Public Library	Click here to Register
Wednesday, May 28	6:00-8:00 pm	Cole Harbour Public Library	Click here to Register
Tuesday, June 3	9:30-11:30 am	Bedford/Sackville CHT	Click here to Register
Monday, July 7	10:00-noon	Dartmouth CHT	Click here to Register
Tuesday, July 22	1:30-3:30 pm	Halifax CHT	Click here to Register
Monday, June 23	2:00-4:00 pm	J.D. Shatford Memorial Library	Click here to Register
Tuesday, August 19	1:30-3:30 pm	Bedford/Sackville CHT	Click here to Register
Tuesday, August 19	10:00-noon	Spryfield Wellness Centre	Click here to Register

Understanding Food Labels

Nutrition label reading made easy! You will learn to understand the numbers on food labels and practice your skills with real food examples. Learn to focus on nutrients that matter to your health goals.

Thursday, March 27	1:30-3:00 pm	Dartmouth CHT	Click here to Register
Wednesday, April 30	5:30-7:00 pm	Spryfield Wellness Centre	Click here to Register
Friday, May 9	9:30-11:00 am	Bedford/Sackville CHT	Click here to Register
Wednesday, June 4	10:00-11:30 am	Halifax CHT	Click here to Register
Wednesday, June 18	1:30-3:00 pm	Memory Lane Family Place	Click here to Register
Wednesday, June 25	6:00-7:30 pm	Cole Harbour Public Library	Click here to Register
Thursday, August 14	10:00-11:30 am	St. Pauls Family Resource Institute	Click here to Register

Food for 1 or 2 – New!

Get inspired to start cooking healthy meals at home for one or two! You will get easy recipes and helpful strategies to plan meals for your small household. There will be no cooking in this program.

Tuesday, April 1	9:30-11:30 am	Beaver Bank Kinsac Comm. Centre	Click here to Register
Thursday, May 8	6:00-8:00 pm	Cole Harbour Public Library	Click here to Register
Wednesday, May 21	1:30-3:30 pm	Bedford/Sackville CHT	Click here to Register
Thursday, June 19	1:30-3:30 pm	Halifax North Memorial Library	Click here to Register
Tuesday, June 24	1:30-3:30 pm	Spryfield Wellness Centre	Click here to Register
Wednesday, July 9	1:00-3:00 pm	Dartmouth CHT	Click here to Register
Thursday, July 10	9:30-11:30 am	Bedford/Sackville CHT	Click here to Register



Are you looking to be connected to local physical activity resources? Call 902-460-4560 and ask for physical activity navigation.

***Most physical activity programs require the completion of a physical activity screen on registration.** Please call 902-460-4560 (press 1 for Bedford/Sackville, 2 for Chebucto, 3 for Dartmouth and 4 for Halifax) for more information or to complete a screen. You may also complete the [physical activity screen](#) found on our website and email or drop if off at one of our locations.

Low Intensity 10-Week Exercise Program

Do you have a chronic health condition that limits your ability to walk or exercise for more than 15 minutes? You will participate in a group class that includes walking/chair cardio as well as exercises for strength, balance, and flexibility. You will also receive support through sharing of physical activity resources, education and goal setting. This program is appropriate for individuals who are wheelchair users, and individuals who may experience mild cognitive impairment. Support persons are welcome to attend.

This program is available only to those living in the greater Halifax area.

Call 902-460-4560 for more information (Choose Location option: 1 for Acadia Hall, 2 for Canada Games Centre, 3 for East Dartmouth Community Centre and 4 for Good Shepherd Parish). *A participant [physical activity screen](#) is required on registration.

Mondays and Wednesdays	Afternoons	Lower Sackville-Acadia Hall
Tuesdays and Thursdays	Mornings	Clayton Park-Canada Games Centre
Tuesdays and Thursdays	Afternoons	East Dartmouth Community Centre
Tuesdays and Thursdays	Afternoons	Halifax Good Shepard Parish-St Agnes Site

Move to Improve – 10 Week Program

Would you like to incorporate more movement and exercise into your day? Do you live with a chronic condition or are you at risk of developing one? Come improve your fitness level and motivation to exercise in this 10-week program. You need to be able to walk for 20 minutes without stopping and be able to get in and out of a chair without difficulty. Please call 902-460-4560 (press 1 for Bedford/Sackville, 2 for Chebucto, 3 for Dartmouth and 4 for Halifax) for more information. *A participant [physical activity screen](#) is required 2 weeks before the program starts.

Mondays and Thursdays starting April 7	Afternoons	Cole Harbour Place
Mondays and Wednesdays starting April 14	Afternoons	Canada Games Centre

Building Better Balance – 6 week program

This program is for adults who have a fear of falling or decreased balance but **have not experienced more than 2 falls** in the past month. Participants must be able to stand on their own without holding on to anything and able to exercise for 30 minutes at a low to moderate intensity without rest. Participants will exercise twice a week in a group setting with a physiotherapist. Please call 902-460-4560 (press 1 for Bedford/Sackville, 2 for Chebucto, 3 for Dartmouth and 4 for Halifax) for more information. *A participant [physical activity screen](#) is required on registration.

Mondays and Wednesdays, starting March 24	Mornings	St. Peters Church (Birch Cove)
Tuesdays and Fridays, starting April 1	Afternoons	Bedford/Hammonds Plains Comm. Centre
Mondays and Fridays, starting April 7	Mornings	St. Andrews Community Centre
Wednesdays and Fridays, starting April 23	Mornings	North Woodside Community Centre
Mondays and Wednesdays, starting June 2	Mornings	Spryfield Wellness Centre

Balance Basics – 2 Week Program

Do you want to feel more steady and confident on your feet? Balance Basics is a two-week program that will give people strategies to improve their balance and prevent falls. Each session will include exercise and group discussion. Participants will be shown strength and balance exercises that they can do at home. *A participant [physical activity screen](#) is required on registration

Tuesdays, March 18 & 25	1:30-3:30 pm	Sackville Heights Comm. Centre	Click here to Register
Thursdays, March 27 & April 3	6:00-8:00 pm	NSCC (Leeds St)	Click here to Register
Wednesdays, May 21 & 28	10:00-noon	Tantallon Public Library	Click here to Register
Fridays, May 23 & 30	9:30-11:30 am	Bedford/Sackville CHT	Click here to Register
Fridays, May 30 & June 6	9:30-11:30 am	St Andrews Community Centre	Click here to Register
Thursdays, June 19 & 26	6:00-8:00 pm	Dartmouth CHT	Click here to Register
Fridays, July 18 & 25	10:00-noon	Keshen Goodman Public Library	Click here to Register
Mondays, August 11 & 18	10:00-noon	Halifax CHT	Click here to Register
Tuesdays, August 12 & 19	9:30-11:30 am	Sackville Heights Comm. Centre	Click here to Register
Wednesdays, August 20 & 27	9:30-11:30 am	Dartmouth CHT	Click here to Register



Physical Activity

Ready, Set, Move – 4 Week Program

Are you interested in learning about all the different parts of an active lifestyle? This series includes all our Ready Set Move topics (Move More for Better Health, Intro to Cardio, Strengthening, Stretching and Balance). We will help you to explore creative ways to get more movement in your day, develop an action plan, stay motivated and keep the change going for long term success. *A participant [physical activity screen](#) is required on registration.

Wednesdays, March 26-April 16	10:00-noon	Dartmouth CHT	Click here to Register
Thursdays, April 3-24	6:00-8:00 pm	Sackville Heights Comm. Centre	Click here to Register
Wednesdays, April 30- May 21	1:30-3:30 pm	Bethany United Church	Click here to Register
Mondays, June 2-23	1:00-3:00 pm	Dartmouth CHT	Click here to Register
Wednesdays, June 4-25	6:00-8:00 pm	Spryfield Wellness Centre	Click here to Register
Thursdays, June 5-26	1:00-3:00 pm	Bedford Public Library	Click here to Register

Ready, Set, Move – Introduction to Cardio

Learn the Canadian Guidelines for how much exercise you need for health benefits. We will discuss simple techniques on how to safely increase your intensity with no equipment.

*A participant [physical activity screen](#) is required on registration.

Friday, April 25	10:00-noon	Captain William Spry Public Library	Click here to Register
Monday, June 9	9:30-11:30 am	St Andrews Community Centre	Click here to Register
Friday, June 27	9:30-11:30 am	Bedford/Sackville CHT	Click here to Register
Monday, August 11	10:00-noon	Spryfield Wellness Centre	Click here to Register

Ready, Set, Move – Strengthening

Do you want to improve your strength but not sure where to start? This session will teach you safe ways to do strengthening exercises, use different types of equipment and how to progress these exercises on your own. *A participant [physical activity screen](#) is required on registration.

Monday, May 5	2:00-4:00 pm	J.D. Shatford Memorial Library	Click here to Register
Wednesday, May 7	10:00-noon	Chebucto Family Centre	Click here to Register
Friday, May 16	9:30-11:30 am	Bedford/Sackville CHT	Click here to Register
Monday, June 16	9:30-11:30 am	St Andrews Community Centre	Click here to Register
Wednesday, July 9	9:30-11:30 am	Dartmouth CHT	Click here to Register
Monday, August 25	10:00-noon	Halifax CHT	Click here to Register

Ready, Set, Move – Strengthening Outdoor Edition

– New!

Are you curious about outdoor equipment? This session will teach you how to safely use this equipment and progress these exercises on your own. An email with the specific meeting location will be sent out the week before. Rain date will be the following week at the same time. *If you are interested and able to walk for 15 minutes please complete a [physical activity screen](#).

Tuesday, June 3	9:00-10:30 am	Dewolf Park, Bedford	Click here to Register
Tuesday, July 8	6:30-8:00 pm	Westmount Park, Halifax	Click here to Register

Mindful Movement

Do you tend to rush when you do things? Would you like to be more mindful when you move? In this session you will practice becoming more aware of your body and your surroundings when you are still and when you are moving. This program does not require a physical activity screen

Thursday, May 1	6:00-7:30 pm	Halifax Central Library	Click here to Register
Thursday, May 29	6:00-7:30 pm	Cole Harbour Public Library	Click here to Register
Monday, June 2	1:30-3:00 pm	Parkland Clayton Park (Cameron Hall)	Click here to Register
Tuesday, July 8	1:30-3:00 pm	Bedford/Sackville CHT	Click here to Register





Are you looking to be connected to local mental wellness resources? Call 902-460-4560 and ask for wellness navigation.

Discover Your Strengths

We all have the same 24 character strengths that we express in different ways. Together, we will discuss character strengths, how to recognize them in ourselves and others, and learn the benefits of using them in life.

Thursday, March 20	1:30-3:30 pm	St. Paul’s Family Resource Institute	Click here to Register
Wednesday, April 2	6:00-8:00 pm	Bedford/Sackville CHT	Click here to Register
Thursday, April 3	1:00-3:00 pm	Dartmouth CHT	Click here to Register
Thursday, May 8	6:00-8:00 pm	NSCC (Leeds St)	Click here to Register
Wednesday, August 20	10:00-noon	Alderney Public Library	Click here to Register

Time Management and Wellbeing

Not enough time in your day? Too much time? Learning how to manage your time may help. Join us to discover time management skills that you can use in your life.

Thursday, May 15	6:00-8:00 pm	Cole Harbour Public Library	Click here to Register
Thursday, May 29	9:30-11:30 am	Bedford/Sackville CHT	Click here to Register
Tuesday, June 24	5:00-7:00 pm	Prospect Road Comm. Centre	Click here to Register
Wednesday, July 23	10:00-noon	Halifax CHT	Click here to Register

Visit [HealthyNS.ca](#) to view an interactive recording of this session.

How to Speak Assertively – 4 Week Program

Expressing our needs can be difficult. In this program you will learn about communication and practice assertiveness skills (e.g. active listening, saying no and making requests). Attendance the first week is required.

Tuesdays, April 1-22	2:00-4:00 pm	Spryfield Wellness Centre	Click here to Register
Thursdays, April 3-24	1:30-3:30 pm	Bedford/Sackville CHT	Click here to Register
Tuesdays, May 6-27	10:00-noon	Dartmouth CHT	Click here to Register
Thursdays, May 22-June 12	6:00-8:00 pm	Halifax Central Library	Click here to Register

Free Time & You – Try Something New!

Recreation and leisure play a significant role in health and wellbeing. The first half of this program we will discuss leisure benefits, how to find accessible and meaningful activities, and how to plan for leisure. The second half of this program will be an opportunity to experience a recreation activity provided by a community group. No prior experience necessary.

Knitting Basics			
Wednesday, March 26	3:00-5:00 pm	Halifax Central Library	Click here to Register
Basic Book Binding			
Tuesday, April 8	6:00-7:30 pm	Sackville Public Library	Click here to Register
Learn to Crochet			
Sunday, April 27	1:00-3:00 pm	Sackville Heights Comm. Center	Click here to Register
Gardening			
Friday, May 2	12:30-2:30 pm	Common Roots Urban Farm BIHI	Click here to Register
Paddling with Dartmouth Dragon Boat			
Tuesday, June 17	1:00-4:00 pm	Kiwanis Club of Dartmouth	Click here to Register

Take Charge of Your Stress – 1 Week Program

In this single session you will learn about stress, explore how you experience stress, and practice skills you can use to reduce stress symptoms.

Tuesday, March 25	1:30-3:30 pm	Bethany United Church	Click here to Register
Thursday, March 27	10:00-noon	Spryfield Wellness Centre	Click here to Register
Friday, March 28	9:30-11:30 am	Memory Lane Family Place	Click here to Register
Wednesday, May 7	5:30-7:30 pm	Bedford Public Library	Click here to Register
Monday, May 12	1:00-3:00 pm	Woodlawn Public Library	Click here to Register
Monday, May 26	1:30-3:30 pm	Spryfield Wellness Centre	Click here to Register
Tuesday, June 10	6:00-8:00 pm	Canada Games Centre	Click here to Register
Wednesday, June 18	10:00-noon	Halifax CHT	Click here to Register
Monday, August 18	1:30-3:30 pm	Bedford/Sackville CHT	Click here to Register
Friday, August 22	10:00-noon	Dartmouth CHT	Click here to Register

Take Charge of Your Stress – 4 Week Program

In this 4 session program you will learn stress can have significant impacts on our health and wellbeing. Together we will learn about stress, explore how we experience stress, and practice a variety of skills you can use to reduce stress symptoms. Attendance the first week of the series is required.

Tuesdays, April 1-22	10:00-noon	Dartmouth CHT	Click here to Register
Tuesdays, April 29-May 20	1:30-3:30 pm	Halifax CHT	Click here to Register
Tuesdays, May 6-27	9:30-11:30 am	Bedford/Sackville CHT	Click here to Register
Tuesdays, June 3-24	6:00-8:00 pm	Woodlawn Public Library	Click here to Register
Thursdays, June 12-July 3	6:00-8:00 pm	Spryfield Wellness Centre	Click here to Register

Self-Compassion – 1 Week Program

In this single session you will practice ways to promote self-compassion when we experience difficulties in our everyday lives.

Thursday, March 27	1:30-3:30 pm	Bedford Public Library	Click here to Register
Friday, April 11	10:30-12:30 pm	Halifax North Memorial Library	Click here to Register
Monday, May 12	10:00-noon	St. Peters Church (Birch Cove)	Click here to Register
Monday, May 26	1:00-3:00 pm	Dartmouth CHT	Click here to Register
Tuesday, June 17	5:30-7:30 pm	Sackville Public Library	Click here to Register
Wednesday, June 18	10:00- noon	Spryfield Wellness Centre	Click here to Register
Friday, July 11	10:00- noon	Cole Harbour Public Library	Click here to Register

Self-Compassion – 4 Week Program

In this 4 session program you will learn being self-compassionate can help provide us comfort, improved health and increase our sense of satisfaction in our roles. Join us to delve deeper and practice ways to promote self-compassion when we experience difficulties in our everyday lives. Attendance the first week of the series is required.

Wednesdays, April 9-30	9:30-11:30 am	Bedford/Sackville CHT	Click here to Register
Thursdays, April 10-May 1	6:00-8:00 pm	Cole Harbour Public Library	Click here to Register
Mondays, June 2-23	1:30-3:30 pm	Bedford/Sackville CHT	Click here to Register
Wednesdays, June 4-25	10:00-noon	Dartmouth CHT	Click here to Register
Wednesdays, July 2-23	1:30-3:30 pm	Spryfield Wellness Centre	Click here to Register
Fridays, August 22-Sept 12	10:00-noon	Halifax CHT	Click here to Register

Exploring Emotions – 1 Week Program – New!

In this single session you will learn how improving our emotional awareness helps us increase our overall wellness. This program offers tools and information to explore our own emotional responses and how our thoughts, feelings and behaviours all work together. Build your confidence in understanding and managing your emotions.

Tuesday, March 18	5:30-7:30 pm	Sackville Public Library	Click here to Register
Friday, March 21	10:00-noon	Halifax CHT	Click here to Register
Friday, March 28	10:00-noon	Dartmouth CHT	Click here to Register
Wednesday, April 2	2:00-4:00 pm	Spryfield Wellness Centre	Click here to Register
Friday, May 2	9:30-11:30 am	Memory Lane Family Place	Click here to Register
Tuesday, June 3	10:00-noon	Spryfield Wellness Centre	Click here to Register
Wednesday, August 20	1:30-3:30 pm	Bedford/Sackville CHT	Click here to Register
Tuesday, August 26	1:30-3:30 pm	Dartmouth CHT	Click here to Register

Exploring Emotions – 4 Week Program

Are you curious about your emotions? **In this 4 session program** you will learn how to identify emotions and develop skills to respond effectively to a range of emotions. Attendance the first week of the series is required.

Mondays, March 31-April 28	10:00-noon	Tantallon Public Library	Click here to Register
Wednesday, April 2-23	6:00-8:00 pm	Halifax CHT	Click here to Register
Thursdays, May 1-22	6:00-8:00 pm	Bedford/Sackville CHT	Click here to Register
Thursdays, May 8-29	1:00-3:00 pm	Dartmouth CHT	Click here to Register

Optimal Aging – 4 Week Program

This program can help you improve your health behaviors, wellbeing and outlook on aging. Learn how to apply the THRIVE® Approach to Wellbeing which includes six key actions: thoughts, health habits, relationships, interests, valued goals and emotions. Attendance the first week is required.

Tuesdays, May 6-27	1:30-3:30 pm	St. Peters Church (Hackett’s Cove)	Click here to Register
Tuesdays, June 3-24	1:00-3:00 pm	Halifax Central Library	Click here to Register
Wednesdays, June 4-25	9:30-11:30 am	Bedford/Sackville CHT	Click here to Register
Thursdays, June 5-26	1:00-3:00 pm	Dartmouth CHT	Click here to Register

Mental Wellness Skills Practice – New!

Have you taken one of the Community Health Team Mental Wellness Programs – specifically Take Charge of Your stress, Self-Compassion or Exploring Emotions? Are you looking for time to practice the skills you learned in these programs and learn how to use them in everyday life? Join us for one of our upcoming skills practice sessions.

Wednesday, March 26	1:30-2:30 pm	Dartmouth CHT	Click here to Register
Monday, April 7	10:00-11:00 am	Bedford/Sackville CHT	Click here to Register
Friday, May 23	10:00-11:00 am	Dartmouth CHT	Click here to Register
Wednesday, May 28	5:30-6:30 pm	Halifax CHT	Click here to Register
Monday, July 7	10:30-11:30 am	Spryfield Wellness Centre	Click here to Register
Friday, July 18	10:00-11:00 pm	Halifax CHT	Click here to Register
Tuesday, August 26	2:00-3:00 pm	Bedford/Sackville CHT	Click here to Register



Tell us what is important to support your health and wellness. Please vist: YourVoiceMattersCHT.ca to complete our 3-5 minute survey.





Parenting – offered by the IWK



Are you looking to be connected to local child, youth, or parenting resources?
Call 902-460-4560 and ask to meet with the IWK Mental Health & Wellness Coordinators.
Please have your child's health card number on hand when you are registering for parenting programs.

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.

Thursdays, Apr 3-Jun 19 6:00-8:00 pm Online Zoom Program [Click here](#) to Register

Incredible Years – Preschool – 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.

Tuesdays, Mar 25-Jun 24 6:00-8:00 pm Online Zoom Program [Click here](#) to Register

Parenting Your Teen – 1 Week Program

This single session will help you better understand your teen and how their brain works. Learn strategies to improve communication and help your family run more smoothly.

Wednesday, Mar 26 6:30-8:00 pm NSCC (Leeds St) [Click here](#) to Register

Wednesday, Apr 16 6:00-7:30 pm Bedford/Sackville CHT [Click here](#) to Register

Parenting Your Teen – Walking the Middle Path – 6 Week Program

This 6 session program is for parents ready to change how they interact with their teen. Learn to better understand your teen, improve communication and help your family dynamics.

**Wednesdays,
May 14-Jun 18** 5:30-7:00 pm Online Zoom Program [Click here](#) to Register



Parenting – offered by the IWK

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.

Tuesdays, Mar 25 & Apr 1	6:00-8:00 pm	Keshen Goodman Public Library	Click here to Register
Mondays, Apr 28 & May 5	10:00-noon	Woodlawn Public Library	Click here to Register
Wednesdays, May 14 & 21	5:30-7:30 pm	Halifax CHT	Click here to Register
Wednesdays, Jun 4 & 11	5:30-7:30 pm	Sackville Public Library	Click here to Register
Thursdays, Jul 17 & 24	2:00-4:00 pm	Online Zoom Program	Click here to Register

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.

Saturday, April 12	10:30-noon	Halifax Central Library	Click here to Register
Thursday, April 17	10:00-11:30 am	Salvation Army Fairview	Click here to Register
Wednesday, May 14	2:30-4:00 pm	Gordon R. Snow Comm. Centre	Click here to Register
Thursday, June 5	6:00-7:30 pm	Cole Harbour Public Library	Click here to Register

Self-Compassion for Parents

Parenting is a difficult job. Being self-compassionate can help provide us comfort, improve 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.

Wednesday, May 28	2:00-3:30 pm	Spryfield Wellness Centre	Click here to Register
Tuesday, July 8	Noon-1:30 pm	Online Zoom Program	Click here to Register

Handle with Care – 5 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.

Tuesdays, April 1-29 Limited Childcare Available.

Please call Centre Coordinator at 902-479-3031
ext 302 for more information

10:00-noon	Chebucto Family Centre	Click here to Register
------------	------------------------	--

Fridays, May 2-30 Limited Childcare Available.

Please call 902-453-5089 ext 1
for more information

10:00-noon	Mulgrave Park Caring and Learning Centre	Click here to Register
------------	---	--

Mental Health First Aid Supporting Youth

In this 2 session certification program, 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 also welcome. **This is an interactive program that requires full attendance and participation with cameras on and audio enabled. You will also be required to complete a self-directed learning module 2-weeks in advance. Call the Community Health Team if you have questions.**

Fridays, April 4 & 11	9:00-1:00 pm	Online Zoom Program	Click here to Register
----------------------------------	--------------	---------------------	--

Partner Programs

The Community Health Team provides free space to community groups to offer their programs and services. The following programs are offered by these partners. **For more information or to register, please refer to the contact information below. Please note programs are not offered during holidays.**

Advanced Care Planning and Personal Directives

– *Inspired COPD Outreach Program, Nova Scotia Health*

This session explores what advance care planning is and what to include when creating a personal directive to help ensure that your medical and personal care wishes are respected.

To register, please call Andrew Comstock at (902) 483-8943.

Tuesday, March 25	10:00-noon	Bedford/Sackville CHT
--------------------------	------------	-----------------------

Affected Others 8-Week Program – Healthy Minds Cooperative

This is an 8 week supportive learning program for people who have a loved one struggling with addiction to drugs/alcohol. To register visit [Healthy Minds Cooperative](#). For more information email wellness@healthyminds.ca or call 902-404-3504.

Tuesdays, Apr 8 - May 27	2:00-4:00 pm	Dartmouth CHT
---------------------------------	--------------	---------------

Caregivers Support Group – Caregivers Nova Scotia

Do you care for a family member or friend? This peer support group offers a confidential, friendly atmosphere for you to talk with other caregivers. Please call 902-421-7390 for more information and to register. **Sessions are once per month**

First Wednesday of each month	1:00-3:00 pm	Dartmouth CHT
--------------------------------------	--------------	---------------

Wednesday, Mar 26, Apr 30, May 28, Jun 25, Aug 28 & Thursday, Jul 31	6:00-7:30 pm	Bedford/Sackville CHT
---	--------------	-----------------------

First Thursday of each month	1:00-3:00 pm	Halifax CHT
-------------------------------------	--------------	-------------

Third Wednesday each month	1:00-3:00 pm	Spryfield Wellness Centre
-----------------------------------	--------------	---------------------------

Trouble Sleeping? It Might be Sleep Apnea – The Breath Factory

This session will explore what sleep apnea is and what the options for treatment are. Call 902-404-6545 to register.

Thursday, Mar 27	1:00-2:00 pm	Bedford/Sackville CHT
-------------------------	--------------	-----------------------

Thursday, May 22	1:00-2:00 pm	Bedford/Sackville CHT
-------------------------	--------------	-----------------------

Mindfulness Drop-in Practice Group – Atlantic Contemplative Centre (ACC)

Come and explore the practice of mindfulness/awareness practice and its benefits to our health and well-being. No registration required.

Thursdays (starting Mar 6)	4:00-5:00 pm	Dartmouth CHT
-----------------------------------	--------------	---------------

Multiple Sclerosis Peer Support Health Group – MS Society of Canada

This group provides peer support, allowing for those affected by Multiple Sclerosis to meet, share and receive support based on experiences, thoughts, and feelings.

No registration required.

Fridays, Mar 21, May 16, Jun 20, Jul 18, Aug 15	1:00-3:00 pm	Dartmouth CHT
--	--------------	---------------

Partner Programs

Meditation For Inner Peace and Clarity – *Sahaja Yoga*

Join us for a weekly meditation class to discover how to become balanced and find inner peace. To register please email Freemeditationhalifax@gmail.com

Mondays (starting Mar 10)	6:30-7:30 pm	Halifax CHT
----------------------------------	--------------	-------------

Tuesdays (starting Mar 18)	6:30-7:30 pm	Dartmouth CHT
-----------------------------------	--------------	---------------

6 Week Grief Counselling Group – *Hospice Halifax*

This group offers grief counselling for those 18 + grieving the death of a significant person. Please register at [Hospice Halifax](#)

Thursdays, Apr 10-May 27	6:00-8:00 pm	Dartmouth CHT
---------------------------------	--------------	---------------

Perimenopause and Menopause: Navigating Your Journey and Supporting Others

Hosted by Nurse Practitioner. No registration required.

Tuesday, Mar 25	6:30-7:30 pm	Bedford Community Health Team
------------------------	--------------	-------------------------------

Tuesday, June 10	6:30-7:30 pm	Bedford Community Health Team
-------------------------	--------------	-------------------------------

Community Locations

Community Locations for Halifax Peninsula

Halifax Peninsula Community Health Team (CHT)

– Halifax Place in the Halifax Shopping Centre – 7001 Mumford Road

Bethany United Church	2669 Joseph Howe Drive, Halifax
-----------------------	---------------------------------

Common Roots Urban Farm BIHI	7064 Bayers Road, Halifax
------------------------------	---------------------------

Good Sheppard Parish (St Agnes Site)	6903 Mumford Road, Halifax
--------------------------------------	----------------------------

Halifax Central Library	5440 Spring Garden Road, Halifax
-------------------------	----------------------------------

Halifax North Memorial Library	2285 Gottingen Street, Halifax
--------------------------------	--------------------------------

Mulgrave Park Caring & Learning Centre	57 Jarvis Lane, Halifax
--	-------------------------

Nova Scotia Community College (NSCC)	5685 Leeds Street, Halifax
--------------------------------------	----------------------------

St Andrews Community Centre	3380 Barnstead Lane, Halifax
-----------------------------	------------------------------

Community Locations for Dartmouth

Dartmouth Community Health Team (CHT) – 58 Tacoma Drive

Cole Harbour Public Library	51 Forest Hills Parkway, Cole Harbour
-----------------------------	---------------------------------------

East Dartmouth Community Centre	50 Caledonia Road, Dartmouth
---------------------------------	------------------------------

Kiwanis Club of Dartmouth	45 Graham's Grove, Dartmouth
---------------------------	------------------------------

Woodlawn Public Library	31 Eisener Boulevard, Dartmouth
-------------------------	---------------------------------

North Woodside Community Centre	230 Pleasant Street, Dartmouth
---------------------------------	--------------------------------



Community Locations for Bedford/Sackville

Bedford/Sackville Community Health Team (CHT)
– 1658 Bedford Highway (main level Bedford Place Mall)

Acadia Hall	636 Sackville Drive, Lower Sackville
Beaver Bank Kinsac Community Centre	1583 Beaver Bank Road, Beaver Bank
Bedford-Hammonds Plains Community Centre	202 Innovation Drive, Bedford
Bedford Public Library	15 Dartmouth Road, Bedford
DeWolfe Park	150 Waterfront Drive, Bedford
Gordon R. Snow Community Centre	1359 Fall River Road, Fall River
Memory Lane Family Place	22 Memory Lane, Lower Sackville
Northwood Community Centre	185 Gary Martin Drive, Bedford
St. John's United Church	3360 Highway #2, Fall River
Sackville Public Library	636 Sackville Drive, Lower Sackville
Sackville Heights Community Centre	45 Connolly Road, Middle Sackville
Wallace Lucas Community Centre	596 Lucasville Road, Lucasville

Community Locations for Chebucto

Chebucto Community Health Team (CHT) (in Spryfield Wellness Centre)
– 16 Dentith Road, Halifax

Canada Games Centre	26 Thomas Raddall Drive, Halifax
Keshen Goodman Public Library	330 Lacewood Drive, Halifax
Salvation Army Fairview	50 Gesner Street, Halifax
Prospect Road Community Centre	2141 Prospect Road, Hatchet Lake
Captain William Spry Public Library	16 Sussex Street, Halifax
Chebucto Family Centre	3 Sylvia Avenue, Halifax
Parkland Clayton Park (Cameron Hall)	118 Fairfax Drive, Halifax
St. Pauls Family Resources Institute	173 Old Sambro Road
St. Peters Church	10030 Peggy's Cove Road (Hackett's Cove)
St. Peters Church	3 Dakin Drive (Birch Cove)
Tantallon Public Library	3646 Hammonds Plains Road (Hubley Centre), Upper Tantallon
J.D. Shatford Memorial Public Library	10353 St. Margaret's Bay Road, Hubbards
Spryfield Wellness Centre	16 Dentith Road, Halifax (Spryfield)



What is a Community Health Team?

A Community Health Team (CHT) offers free wellness programs and services in your community. The range of programs and services offered by each Community Health Team is shaped by what we have heard citizens need to best support their health. Your local Community Health Team:

- offers free group wellness programs at different times and community locations to make it easier for you to access sessions close to home
- offers free wellness navigation to help you prioritize health goals and connect to the resources that you need
- works closely together with community organizations toward building a stronger and healthier community
- All programs are offered by healthcare professionals (physiotherapists, dietitians, social workers, occupational therapists, nurses and recreation therapists)

Where is my Community Health Team?

Bedford/Sackville

Community Health Team

1658 Bedford Hwy

(main level Bedford Place Mall)

Serving Beaver Bank, Bedford, Fall River, Hammonds Plains, Lucasville, Mount Uniacke, Sackville, & Waverley.

Dartmouth Community Health Team

58 Tacoma Drive

Serving Dartmouth, Cole Harbour, Eastern Passage, Lawrencetown, Mineville, and North & East Preston.

Chebucto Community Health Team

(Halifax Mainland)

16 Dentith Road, Halifax

Serving Spryfield, Fairview, Clayton Park, Herring Cove, Armdale, Sambro Loop, the Pennants, Purcell's Cove, Tantallon, Hubbards, St. Margaret's Bay, Beechville, Lakeside, Timberlea, Prospect, Hatchet Lake, & Hubley.

Halifax Peninsula

Community Health Team

Halifax Shopping Centre Halifax Place, 1st floor Unit 102

Serving downtown, North-end, South-end, & West-end Halifax.



Scan Me

