



## 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 17<sup>th</sup> – November 21<sup>st</sup>, 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 24<sup>th</sup>- Dec 10<sup>th</sup>, 6:00pm - 8:00pm, Lower Sackville Boys and Girls Club, 45 Connolly road
- Thursdays, Sept 26<sup>th</sup> – Dec 12<sup>th</sup>, 6:30 – 8:30pm, Veith House, 3115 Veith Street, Halifax
- Wednesdays, Nov 6<sup>th</sup> – Feb 5<sup>th</sup>, 6:00-8:00pm, East Dartmouth Community Centre, 50 Caledonia Rd
- Tuesdays, Jan 14<sup>th</sup> – April 7<sup>th</sup> (no class March 17<sup>th</sup>), 6:30-8:30pm, YMCA, Spryfield, 358 Herring Cove Road
- Wednesdays, Jan 15<sup>th</sup> – April 15<sup>th</sup> (no class March 18<sup>th</sup> & 25<sup>th</sup>), 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 18<sup>th</sup> – Dec 18<sup>th</sup>, 9:30-11:30am, Chebucto Family Centre, Spryfield, 3 Sylvia Avenue
- Thursdays, Feb 20<sup>th</sup> – May 28<sup>th</sup>, (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 24<sup>th</sup> & Oct 1<sup>st</sup>, 6:00 – 8:00pm, Sambro Elementary School, 3725 Old Sambro Road
- Tuesdays, Nov 19<sup>th</sup> & 26<sup>th</sup>, 9:30 – 11:30am, Halifax Community Health Team, Young street (Young Tower)
- Tuesdays, Jan 21<sup>st</sup> & 28<sup>th</sup>, 6:30pm-8:30pm, Bedford Northwood (Ivany Place), 123 Gary Martin Drive



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### 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 3<sup>rd</sup> – 24<sup>th</sup>, 9:30 – 11:30am, East Preston Family Resource Centre, 1900 Highway 7
- Fridays, Jan 10<sup>th</sup> – 31<sup>st</sup>, 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 23<sup>rd</sup>, 9:00am- 4:30pm, Lower Sackville- Sackville Heights Community Centre, 45 Connolly Road.
- Saturday February 1<sup>st</sup>, 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](mailto: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 8<sup>th</sup>, 6:00pm-7:30pm, Bedford/Sackville CHT Bedford Place Mall
- Friday – Nov 1<sup>st</sup>, 9:30 – 11:00am, Community Wellness Centre, 16 Dentith Avenue, Spryfield
- Tuesday – Jan 14<sup>th</sup>, 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 15<sup>th</sup>, 6:00pm-7:30pm, Bedford/Sackville CHT, Bedford Place Mall
- Friday – Nov 15<sup>th</sup>, 9:30 – 11:00am, Community Wellness Centre, 16 Dentith Road.
- Tuesday – Jan 21<sup>st</sup>, 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 22<sup>nd</sup>, 6:00pm-7:30pm, Bedford/Sackville CHT Bedford Place Mall
- Friday – Nov 15<sup>th</sup>, 9:30 – 11:00am, Community Wellness Centre, 16 Dentith Avenue, Spryfield
- Tuesday – Jan 28<sup>th</sup>, 6:00 – 7:30pm, Dartmouth Community Health Team, 58 Tacoma Drive.