

FREE navigation to health and community resources:

Wellness Navigation

Wellness Navigators are health care professionals who know health, community and government systems. Navigators work with adults, children, youth and families. Community members can meet with a Wellness Navigator at a convenient public location (or by phone if appropriate) if they need individual support to:

- Work through struggles around health, housing, money, or community connections
- Get connected with health and community resources
- Prioritize health goals and work through the action steps
- Build self management skills to better live with a chronic health condition

Community Connections

The Community Health Teams work closely with community groups and organizations to build a stronger and healthier community. Programs and services happen at our 4 locations below, as well as many locations throughout the community such as public libraries, community centres, and food banks. We also have opportunities to connect with others in your community, such as seniors socials, holiday socials, and bowling.

Locations

Bedford/Sackville Community Health Team

833 Sackville Drive, Lower Sackville

Dartmouth Community Health Team

58 Tacoma Drive, Dartmouth

Chebucto Community Health Team

16 Dentith Road, Spryfield

Halifax Peninsula Community Health Team

6080 Young Street, Halifax



www.communityhealthteams.ca • 902-460-4560

Community Health Teams



Free Health and Wellness Programs:

Reducing Your Health Risks

Building Better Sleep

Community Health Team Drop-in

Understand Pain

Heart Healthy Living – Know Your Numbers! (2-weeks)

Personal Wellness Profile

Scheduling Health Into Your Work Day

Small Steps. Big Success!

Prediabetes

Food, Nutrition & Weight Management

Best Weight Basics

Discovering Your Best Weight (4-weeks)

How Healthy is Your Plate?

Intro to Making the Most of Your Food Dollar

Making the Most of Your Food Dollar (3-weeks)

Food and Mood

Food for One or Two (2-weeks)

Holiday Eating Survival Guide

Craving Change (4-weeks)

Fat, Sugar, Salt

Food Fads: Fact or Fiction?

Physical Activity

Low Intensity Exercise Program (10-weeks)

Don't Hibernate, Participate!

Weight Management and Physical Activity (2-weeks)

Affordable Fitness

Ready, Set, Move! (1-4 weeks)

Emotional Wellness

Discover Your Personal Strengths

Intro to Take Charge of Your Stress

Take Charge of Your Stress (4-weeks)

Mental Health First Aid: Adults Interacting with Youth (4-weeks)

Renovate Your Relationships (2-weeks)

First Things First: Time Management

How to Speak Assertively (4-weeks)



Parenting

Parenting Your Teenager: Walking the Middle Path

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

Toddlers at the Table: Tips for Happy and Healthy Meals

Incredible Years Parenting Program, 6-12 yrs (12-weeks)

Incredible Years Pre-School Parenting Program, 3-6 yrs (14 weeks)

Partner Programs

The Community Health Teams provide free space to community groups to offer their programs and services.