



## 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, Lower Sackville

### PARENT WELLNESS SERIES

#### 4 week program

The first two weeks of this program begin with “My Child is Anxious. Should I worry?” a 2- week program to help parents learn to identify early 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 for all 4 sessions is required. Childcare is available. For parents from birth to 12 year olds.

- Thursdays — October 3 - 24      9:30 - 11:30 am      East Preston Family Resource Centre
- Fridays — January 10 - 31      10:00 am - noon      Fairview Family Resource Centre

### PRE-SCHOOL INCREDIBLE YEARS

#### 14 week program

The IWK Health Centre, as part of the Community Health Team, is offering a **FREE** 14-week program for parents of **3 to 6 year olds**. The program will focus on improving your child’s social and emotional skills and reducing behavior problems. **Space is limited. Advance registration is required. Free Child Care available.**

- Wednesday- September 18<sup>th</sup> – December 18<sup>th</sup>, 9:30am-11:30am, Chebucto Family Centre, Spryfield
- Thursdays- February 20<sup>th</sup> – May 28<sup>th</sup>, 6:00pm-8:00pm, Dartmouth Child Development Centre

### SCHOOL AGED INCREDIBLE YEARS

#### 12 week program

The IWK Health Centre, as part of the Community Health Team, is offering a **FREE** 12-week program for parents of **6 to 12 year olds**. The program will focus on improving your child’s social and emotional skills and reducing behavior problems. **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
- Thursdays, Sept 26<sup>th</sup> – Dec 12<sup>th</sup>, 6:30pm-8:30pm, Veith House, Halifax
- Wednesdays, Nov 6<sup>th</sup>- Feb 5<sup>th</sup>, 6:00pm-8:00pm, East Dartmouth Community Centre
- Tuesdays, Jan 14<sup>th</sup> – Apr 7<sup>th</sup>, 6:30pm- 8:30pm, YWCA, Spryfield
- Wednesdays, Jan 15<sup>th</sup> – April 15<sup>th</sup>, 6:00pm-8:00pm, Lower Sackville Boys & Girls Club



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## 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>, 6:00pm-8:00pm, Sambro Elementary School
- Tuesdays, Nov 19<sup>th</sup> & 26<sup>th</sup>, 9:30am-11:30am, Halifax CHT Young Street
- Tuesdays, Jan 21<sup>st</sup> & 28<sup>th</sup>, 6:30pm-8:30pm, Bedford Northwood (Ivany Place)

## 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
- Saturday, February 1<sup>st</sup>, 9:00am-4:30pm, Fairview Family Resource Centre

## 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 CH1 Bedford Place Mall
- Friday- Nov 1<sup>st</sup>, 9:30am-11:00am, Spryfield, Community Wellness Centre
- Tuesday- Jan 14<sup>th</sup> 6:00pm-7:30pm, Dartmouth CHT, 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- November 8<sup>th</sup>, 9:30am - 11:00am, Spryfield- Community Wellness Centre
- Tuesday, January 21<sup>st</sup>, 6:00pm-7:30pm Dartmouth CHT, 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- November 15<sup>th</sup>, 9:30am -11:00am, Spryfield- Community Wellness Centre
- Tuesday, January 28<sup>th</sup>, 6:00pm 7:30pm Dartmouth CHT, Tacoma Drive