



Parenting Programs

Fall 2025 - Winter 2026

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. Questions? Call the Community Health Teams at 902-460-4560

Registration now open! communityhealthteams.ca

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.

DATES	TIME	LOCATION
Wednesdays, Sept. 17 to Dec. 17	10:00 a.m. - noon	Online Zoom Program
Tuesdays, Jan.13 to April. 14	6:00 - 8:00 p.m.	Online Zoom Program

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.

DATES	TIME	LOCATION
Thursdays, Sept. 25 to Dec. 11	6:00 - 8:00pm	Online Zoom Program
Wednesdays, Jan. 14 to April 1	2:00 - 4:00 p.m.	Online Zoom Program

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.

DATES	TIME	LOCATION
Wednesday, Oct. 15	6:00pm - 7:30pm	Halifax Community Health Team
Thursday, Nov. 6	6:00pm - 7:30pm	Tantallon Public Library
Thursday, Dec. 4	6:00pm - 7:30pm	Bedford/Sackville Community Health Team
Tuesday Jan. 13	6:00pm - 7:30pm	Woodlawn Public Library
Tuesday, Feb. 3	Noon - 1:30 p.m.	Online Zoom Program

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.

DATES	TIME	LOCATION
Thursdays, Sept. 25 to Oct. 23	11:30 a.m. - 1:30 p.m.	East Preston Family Resource Centre
Fridays, Jan. 9 to Feb. 6	10:00 a.m. - noon	Chebucto Family Centre

Parenting Your Teen

This single session will help you better understand your teen and how their brain works. You'll learn simple strategies to improve communication and help your family life feel more calm and connected.

DATES	TIME	LOCATION
Thursday, Oct. 2	Noon - 1:30 p.m.	Halifax North Memorial Library
Wednesday, Dec. 3	Noon - 1:30 p.m.	Online Zoom Program
Tuesday, Feb. 3	6:00 - 7:30 p.m.	Sackville Public Library

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

In this program, you'll learn how to spot early signs of anxiety in your child and gain skills to help them manage everyday worries. For parents and caregivers of children up to 12 years old.

DATES	TIME	LOCATION
Wednesdays, Oct. 1 and 8	6:00 - 8:00 p.m.	Chebucto Community Health Team
Thursdays, Nov. 20 and 27	6:00 - 8:00 p.m.	Cole Harbour Public Library
Mondays, Jan. 5 and 12	6:00 - 8:00 p.m.	Online Zoom Program

Self-Compassion for Parents

Parenting is a difficult job. Being kind to yourself can bring comfort, support your health, and help you feel more confident and satisfied in your role as a parent. In this session, you'll practice simple ways to build self-compassion during everyday challenges.

DATES	TIME	LOCATION
Tuesday Oct. 14	10:00 - 11:30 a.m.	Fairview Family Centre
Thursday, Oct. 23	10:00 - 11:30 a.m.	Memory Lane Family Place, Lower Sackville
Tuesday, Nov. 4	Noon - 1:30 p.m.	Mulgrave Park Caring and Learning Centre
Thursday, Feb. 5	Noon - 1:30 p.m.	Online Zoom Program

Mental Health First Aid: Adults Supporting Youth

In this two-session certification program, you'll learn how to support youth aged 12 to 24 experiencing a decline in their mental health. This program is for parents, guardians and volunteers who interact with youth regularly. Please note: A self-directed module must be completed two weeks before the start of the virtual program.

DATES	TIME	LOCATION	REGISTRATION
Fridays, Oct. 24 and 31	9:00 - 1:00 p.m.	Online Zoom Program	Registration opens Sept. 2
January date coming soon!	9:00 - 1:00 p.m.	Online Zoom Program	Registration opens Dec. 1

Parent Wellness Series

Come to one, or come to all! Register for the weeks that you would like to attend.

DATES	TIME	LOCATION
Tuesdays, Jan. 20 to Feb. 10	10:00-11:00 a.m.	YWCA - Armdale Professional Building

Tuesday, Jan. 20: Behaviour 101 - Discuss and learn skills to respond effectively to kids' behaviour and keep things calm at home.

Tuesday, Jan. 27: Screen Time 101 - Learn about the risks and benefits of screen time and ways to help your family.

Tuesday, Feb. 3: Move More - Learn about the 24-hour movement guidelines and how to get your family to move more for better health.

Tuesday, Feb. 10: Healthy Eating 101 - Learn about healthy eating strategies for your family.