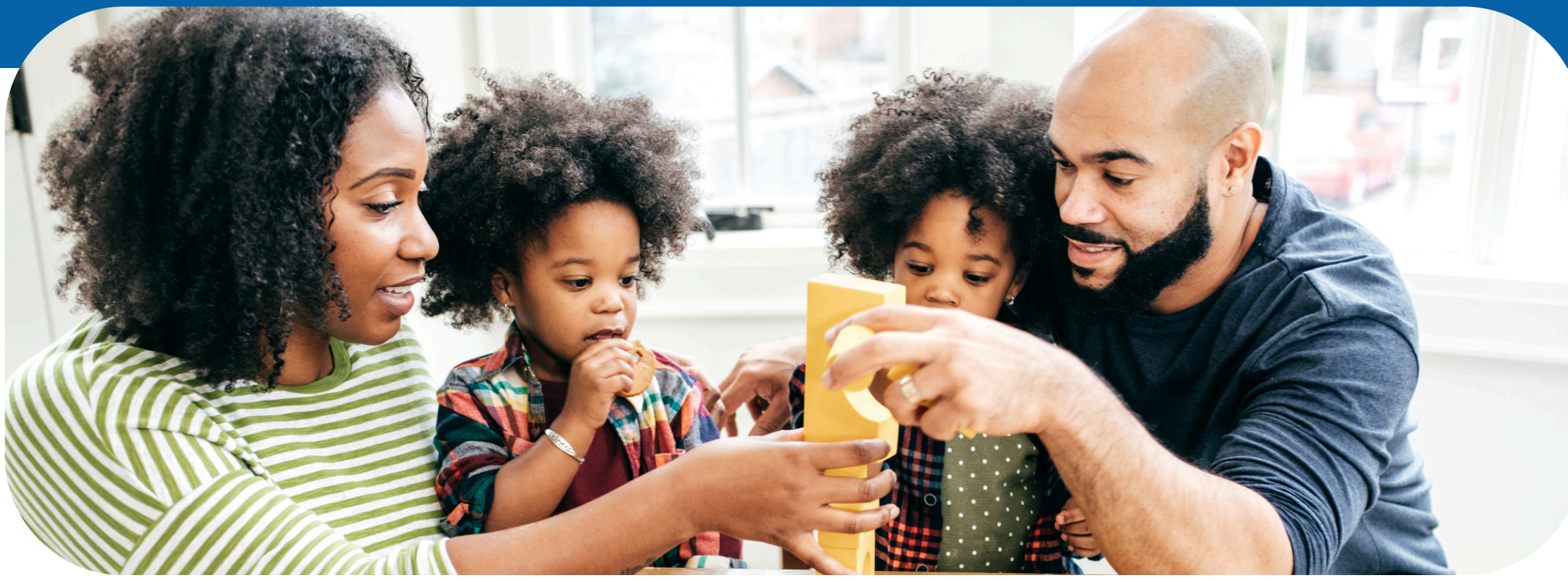


# Community Health Teams



## IWK MENTAL HEALTH AND WELLNESS COORDINATORS

Understanding and getting connected to the right support can be complicated. Our team of healthcare providers can help you identify health barriers and connect you to the right resources.

### We offer:

#### Children, Youth and Family Wellness Navigation

Wellness Navigation is available to families in the Greater Halifax area

- Supporting parents with concerns about their child's mood or behaviour
- Assisting youth in accessing recreation or physical activity programs
- Navigating support for housing, food security or medication coverage
- And more

#### Parenting Programs

Designed to help parents and caregivers support the mental health of their children and improve family wellbeing. These free programs are offered by healthcare professionals both virtually and in-person.

[View schedule and register](#)

IWK Primary Health provides a range of programs and services that meets the diverse needs of the communities we serve. [Learn more](#)



communityhealthteams.ca



902-460-4560

