

# VIRTUAL PROGRAMS FOR PARENTS

**REGISTER NOW 902-460-4560**

Have your child's health card number  
on hand when you call to register

**Incredible years (school aged)**- Only Available to residents of greater Halifax  
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.

Wednesdays September 23rd - December 16th, 2020 6-8pm

Tuesdays September 29th - December 15th, 2020 6-8pm

**Incredible years (pre-school aged)**- Only Available to residents of greater Halifax

Incredible years (pre-school): 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.

Thursdays November 5th - February 18th, 2020 6-8pm

## **An Introduction to Parenting Your Teenager**

An introductory session to help you better understand your teen and how their brain works, practice skills to improve communication and help your family run more smoothly.

Tuesday - October 13 9:30 - 11:00 am

Thursday - December 10 1:00 - 2:30 pm

## **My Child is Anxious. Should I Worry? - 2 week program**

Learn how to identify early signs of anxious feelings in your children and skills to help them manage everyday anxiety. For parents and caregivers of children up to 12 years old.

Thursdays - October 22 & 29 12:00 - 1:00 pm

Wednesdays - November 18 & 25 1:00 - 2:00 pm

## **Screen Time and Your Family**

We live in a world where screens are everywhere. Learn about the risks and benefits of screen time, its impact on sleep, and ways to help your family. For parents of children age 0-12.

Wednesday - November 4 9:30 - 11am

## **Self-Compassion for Parents**

Parenting is a difficult job. Being self-compassionate can help provide us comfort, improved health and increase our sense of satisfaction in our roles as parents. Join us to practice ways to promote self-compassion when we experience difficulties in our everyday lives.

Thursday - October 15 12:00 - 1:00 pm

Friday - November 20 10:00 - 11:00 am

## **WELLNESS NAVIGATION**

Navigators are health professionals who know health care, community, and government systems. We can find the right resource for you. Navigators work with adults, children, youth, and families. This service is available for those in the greater Halifax area.

Call 902-460-4560 for more information

**Community Health Team**



**IWK Health**

