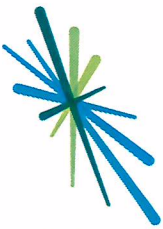


## Mental Health First Aid for Adults Interacting with Youth 14-hour Certification

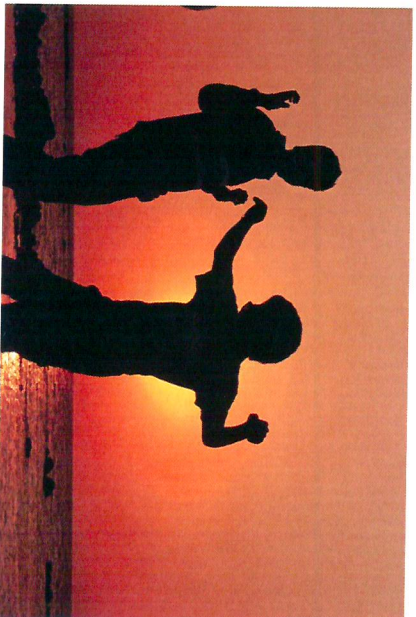


Mental Health  
Commission  
of Canada

Commission de  
la santé mentale  
du Canada

Mental Health First Aid is help provided to a person developing a mental health problem or experiencing a mental health crisis. To become a Mental Health First Aider and receive a certificate of completion, attendance at All sessions is required. Participants must be **16 years of age or older**.

- Mondays, September 16<sup>th</sup> – October 7<sup>th</sup>, 9:00am-12:30pm, Dartmouth CHT, Tacoma Drive



## Community Health Teams

### FREE Programs for Parents of Teenagers

## Fall/Winter 2019- 2020

### Parent Wellness Series

This program begins with “My Child is Anxious. Should I worry?” a two week program to help parents learn to identify early signs of anxious feelings in their children, up to 12 years old, and skills to help them manage every day 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. Have your health card and your child's ready when you register.

- Thursday Oct 3<sup>rd</sup> – 24<sup>th</sup> 9:30-11:30am, East Preston Family Centre
- Fridays Jan 10<sup>th</sup> -31<sup>st</sup>, 10am – noon, Fairview Family Resource Centre



To register please call

(902)460-4560



IWK Health Centre



novascotia  
health authority





## **Parenting Your Teenager - Walking the Middle Path** IWK Mental Health and Community Health Teams

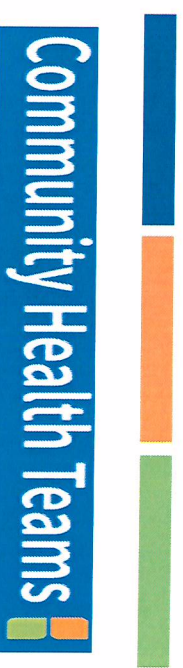
Learn to better understand your teen, improve communication and help your family run more smoothly. One day workshop.

- 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

## **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)



**To register please call  
902 460 4560**



IWK Health Centre

