

PARENTING: VIRTUAL PROGRAMS

To register, please call **1-844-460-4555**
Please have your child's health card number on hand during this call.

HANDLE WITH CARE - 8 WEEK PROGRAM

This program is designed to help parents and caregivers to 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.

Fridays - January 29 to March 26, 9:30 - 11:00 am
(NO SESSION ON MARCH 19)



INCREDIBLE YEARS - 12 WEEK PARENTING 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.**

Wednesdays - January 20 to April 14, 6:00 - 8:00 pm
(NO SESSION ON MARCH 17)
Tuesdays - March 23 to June 8, 9:30 - 11:30 am

INCREDIBLE YEARS - 14 WEEK PRE-SCHOOL PARENTING PROGRAM

This program focuses on improving your child's social and emotional skills and reducing behaviour problems. **It is for parents and caregivers of children who are 3-6 years old (pre-school age).**

Saturdays - January 23 to May 8, 9:30 - 11:30 am
(NO SESSION ON MARCH 20 & APRIL 3)
Thursdays - March 4 to June 10, 6:00 - 8:00 pm
(NO SESSION ON MARCH 18)

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.**

Tuesdays - January 26 & February 2, 10:00 - 11:30 am
Mondays - March 1 & 8, 6:00 - 7:30 pm



All programs offered for free via Zoom for Healthcare by

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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 and caregivers of children age 0-12.**

Monday - February 22, 1:00 - 2:30 pm



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 and caregivers. Join us to practice ways to promote self-compassion when we experience difficulties in our everyday lives.

Monday - February 8, 12:00 - 1:00 pm

PARENTING YOUR TEENAGER: WALKING THE MIDDLE PATH

Offered in partnership with IWK Community Mental Health

Learn to better understand your teen, improve communication and help your family run more smoothly. This program is only available to families in greater Halifax.

Tuesday- April 20 - May 25, 5:00 - 6:30 pm

PARENT/CAREGIVER 101 SERIES: BEHAVIOUR, MEALTIME, AND TOILETING

The following programs are offered by our IWK partners.

Register for one or all three sessions. To register, email Angela.Samson@iwk.nshealth.ca

BEHAVIOUR 101

You will learn the basics of why unwanted behaviours happen and how to implement simple positive behaviour support strategies to help prevent them.

Thursday - January 21,
6:00 - 7:30 pm

Tuesday - February 16,
6:00 - 7:30 pm

MEALTIME 101

We will discuss healthy mealtime habits, how to introduce new foods and a variety of foods, plus lots of tips and tricks to keep your child smiling at the table.

Thursday - January 28,
6:00 - 7:30 pm

Tuesday - February 23,
6:00 - 7:30 pm

TOILETING 101

We will discuss considerations and supports to help set your child up for toilet training success.

Thursday - February 4,
6:00 - 7:30 pm

Tuesday - March 2,
6:00 - 7:30 pm

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