

NEW and Expanded Community Health Teams!

This is a very exciting time for the Community Health Teams (CHTs)! We have recently opened two new teams (Halifax Peninsula and Bedford/Sackville) and the two existing teams (Dartmouth and Chebucto) have expanded into new areas!

Community Health Teams are an initiative of Capital Health and IWK and provide **FREE** wellness programs and navigation in the communities in which we serve. CHTs focus on the promotion of health and wellness, supporting individuals and families to build knowledge, confidence, and skills to help make healthy lifestyle choices and to better prevent and manage risk factors that are common across chronic conditions. Some of the programs we offer are:

- Weight Management- 4 Week Series
- Making the Most of Your Food Dollar- 3 Week Series
- Heart Healthy Living-Know Your Numbers- 2 Week Program
- Introduction to Assertiveness
- Living with Stress- 4 Week Series
- The Incredible Years 12-Week Parenting Program
- Ready, Set, Move! 5 Week Series (building skills around physical activity)

We also offer individual **Wellness Navigation** services. Do you have patients who are struggling to connect with the health and community resources and services they need? Why not connect them with one of our Wellness Navigators? A Navigator can meet with your patient at a convenient public location (or by phone if appropriate) to help your patients prioritize health goals and connect with community and health resources. The service is available to adults, youth, parents and children.

We encourage citizens to access the CHT closest to their home community, (as that team will best know their home community and support them to connect to other local resources), however if someone wishes to attend programming at another team because it is more convenient, they are welcome to do so.

We make it a priority to meet with family physicians on an on-going basis, to help us to understand how we can better work together and improve care for your patients. If you have not yet heard from us, we are working on a plan to connect with you in the near future and provide you much more information on our programs and services. In the meantime, if you would like copies of our program schedules, please contact:

Bedford/Sackville CHT: 902-460-6750

Chebucto CHT: 902-487-0690

Dartmouth CHT: 902-460-4555

Halifax Peninsula CHT: 902-487-0272

You can also view our schedules online at www.communityhealthteams.ca. We look forward to working with you and your patients!