

# AFRICAN CANADIAN HEALTH NETWORK OF NOVA SCOTIA

January 2012

Edition #1

## Organizations Gather to Strategize on AC Health Services

### THE AFRICAN CANADIAN HEALTH NETWORK OF NOVA SCOTIA

Well Women's  
Clinic in East Preston  
once a month on a  
Thursday. contact  
Treena Fraser or the  
IWK receptionist.

East Preston Day Care  
has a Daddy and Me  
Program.

#### THE PURPOSE OF THE NETWORK IS TO:

- Connect people/organizations who address health of African Canadians across Nova Scotia
- Make connections and learn about each other's programs
- Promote programs that address health issues of African Canadians
- Support each other
- Help spread the word about programs across Nova Scotia
- Better understand the African NS communities
- Collaborate to get programs off the ground

#### MEMBERSHIP

Membership is open to anyone who wants to work toward the purpose. It is not an exclusive network and no limit to membership.

#### ORGANIZATIONS INVOLVED TO DATE:

MSVU Dept. Of Applied Human Nutrition  
Community Health and Wellness Centre  
Public Health - Understanding Communities Unit  
Dept. Of Health and Wellness  
Health Association of African Canadians  
Association of Black Social Workers  
IWK - Primary Health  
Capital Health - Mental Health Program,  
Addiction Prevention & Treatment Services  
Southeastern Community Health Board  
Primary Health Care  
Diabetes Care Program of NS  
East Preston Family Resource Centre  
Canadian Diabetes Association, NS Division  
Cardiovascular Health Nova Scotia  
North End Community Health Centre  
Cancer Care Nova Scotia

### Challenges with Parenting?

Are you feeling challenged or overwhelmed by your child's behaviour? Do you need help to identify strategies to improve behaviour at home or elsewhere? Are you concerned about your child's social or emotional well-being?

Primary Health at the IWK, as part of Capital Health's Dartmouth and Chebucto Community Health Teams (CHT's), is offering a FREE 12-week course for parents of six-to 12-year-olds. The Incredible Years™ program will focus on improving your child's social and emotional skills, and reducing behaviour problems.

Space is Limited. Advance registration required. Next session starts in September 2012.

Contact the Community Health teams for details:

For Dartmouth families, call 460-4555

For Fairmont, Springvale, Armdale, Purcell's Cove, Spryfield or Sambro Loop, call 487-0690



# Programs currently underway!

FOR MORE DETAIL ON PROGRAMS, CONTACT INFORMATION PROVIDED

## Association of Black Social Workers

- Healthy Aging Program for Seniors to be held on Sat. Feb. 11, 2012 at Victoria Road Baptist Church from 2-4pm.
- Palliative Care Info. Session to be held on Mon. Feb. 13, 2012 at the Black Cultural Centre from 6-8pm.

More information available by contacting  
[nsabsw@gmail.com](mailto:nsabsw@gmail.com) or 902-407-8809

## Community Health and Wellness Centre

- Plans are underway for blood work services to be offered in East Preston at the Family Resource Centre and in North Preston at the Community Health and Wellness Centre. A Doctor will soon be available at both sites as well.

Contact the clinic at 902-434-3807  
to make an appointment.

## North End Community Health Centre

A diabetes Screening, Detection and Management Program is underway at the Health Centre. To find out more about plans regarding upcoming community diabetes screening events contact:

Contact Mandy Megan Conyers -  
Diabetes Program Coordinator or  
Sandra Parker - Community Health Liaison  
at 902-422-5642.

## Health Association of African Canadians

Health Fair in Feb. 2012 - Contact HAAC  
for more information.

Donna Smith at 902-405-4222

## NS Dept. Of Health and Wellness

Your Way to Wellness!

Do you have an ongoing (chronic) health condition such as diabetes, arthritis, depression or high blood pressure? Capital Health offers a free 6-week workshop to learn tools and strategies to help manage chronic conditions. Topics include: managing symptoms, healthy eating and exercise, goal setting, making daily tasks easier, talking with your doctor and health care team and more!

Interested in volunteering in your community? We are currently looking for volunteer leaders for this program. This free training will take place March 22-25 in Halifax.

To take the program or become a volunteer leader, please contact **Stephanie** at 473-7709 or email [yw2w@cdha.nshealth.ca](mailto:yw2w@cdha.nshealth.ca)

## Mental Health Services/Addiction Prevention & Treatment Services

Staff from both services are present in the communities of North Preston/East Preston/Cherrybrook on a weekly basis. Staff work with individuals, families and groups. They offer education and support and collaborate with others in health promotion and illness prevention work: For example: facilitated DoH/IWK Mental Health First Aid Program in the community.

### **Contact Numbers**

Cole Harbor Community Mental Health Services  
**Nancy Trenchard, 434-6034**

Addiction Prevention & Treatment Services  
**Jennifer MacLennan, RSW, ADS,  
424-5960**

Seniors Mental Health Services  
**Mary Ritchie RN, BScN 464-6067**  
**Jennifer Mason, RN, MN 464-3467**