



Free Program for Parents of Teenagers

Parenting Your Teenager - Walking the Middle Path 1 Day Workshop

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



- Saturday, April 1st, 2017 9:30 - 4:30 pm MacPhee Centre for Creative Learning, 50 Queen street, Dartmouth
- Saturday, May 27th, 2017 9:45 – 4:30pm
Halifax North Memorial Public Library, 2285 Gottingen Street

Space is limited. Registration is required. This program is offered in partnership
with IWK Mental Health & Community Health Teams.

To register please call 902-470-3817



Free Program Adults Interacting With Youth

Mental Health First Aid Canada- Adults Interacting with Youth

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.

- **Thursday March 23rd and Friday March 24th 8:30-4:30pm**
Fairview Family Resource Centre, Fairview
- **Tuesdays March 28th-April 18th 9:00am-12:30pm**
Sackville Heights Community Centre, Lower Sackville
- **Fridays May 5th-26th 9:00am-12:30pm**
MacPhee Centre for Creative Learning, Dartmouth
- **Mondays May29th – June 19th 9:00am-12:30pm**
Veith House, Halifax

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www.communityhealthteams.ca

