

Community Health Teams



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 - October 21st, 9:00am-4:30pm Cole Harbour High School
- Saturday - November 25th, 9:00am-4:30pm Grace Chapel, Fairview
- Saturday - February 3rd, 9:00am-4:30pm Bedford Hammonds Plains Community Centre

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

To register please call 902-460-4560

