

# Dartmouth CHB Report to Community 2021-2022

## What Do We Do?

- Community Leadership
- Community Health Planning
- Health & Wellness Promotion

## Central Zone CHB

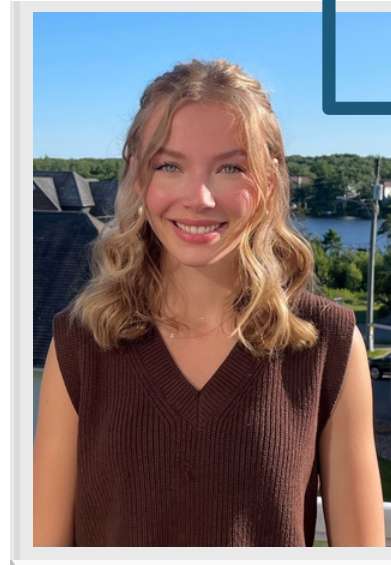
### Health Plan Priorities:

- Access to Services & Information
- Working Together Upstream
- Wellness & Health Promotion
- Supportive Communities



## Volunteer Profile

Mikayla Boucher  
Dartmouth



“A strong community consists of inclusion, support and belief that all of our voices matter. My work on the Dartmouth CHB has taught me that advocating for people’s needs and effecting social change is the key to a healthier future. When we support each other, we create a community that fosters love and unity!”

Mikayla has been with us for one year, she is a student at Dalhousie University, working on a Bachelor of Medical Sciences with a minor in Bioethics, with a goal of becoming a doctor!

## Want to Join Us?

Visit [www.communityhealthboards.ns.ca](http://www.communityhealthboards.ns.ca)  
or contact  
Monique Mullins-Roberts 902-483-3745 or  
[monique.mullins-roberts@nshealth.ca](mailto:monique.mullins-roberts@nshealth.ca)

# Wellness Funds

## **This year we funded 14 Community Projects**

- African Nova Scotia Postsecondary PREP Academy Association – Self-Care & Wellness Retreat
- Dartmouth Campus of Bedford Forysth Education Centre – Increasing School Connectedness
- Dartmouth High School's Garden Club – Mental Health & Teen Connection Program
- DASC (Dartmouth Adult Services Centre) -Active Living and Gardening Initiative
- Halifax Public Libraries – Alderney Gate Public Library
- Harbourview Elementary School – Babysitting Course
- MacPhee Centre for Creative Learning – The Birds & Bees: Rewriting Sex & Gender Education
- Panther Pantry at Prince Andrew High – Panther Pantry Food Alliance
- Schools Plus -Dartmouth High School – Black & Beautiful
- Caledonia Junior High -Schools Plus – Home Alone
- Reach Out Bipolar Disorder Peer Support – The Legacy Project; Revaluing Our Lived Experience
- St. John Ambulance – Safety Ambassador Program
- The John Howard Society – Breaking Bread
- Volunteer Doula Program – Professional Development

## **Watch our video to learn more about Wellness Funds:**

<https://www.youtube.com/watch?v=XAJKkGykjxQ>

## **Watch our video to learn more about our Happy to Chat Initiative:**



Happy to Chat benches in Dartmouth encourage strangers to start talking (cbc.ca) <https://www.cbc.ca/amp/1.6552400>

# Advocacy

- We are working with many other CHBs to advocate for a National School Food program. This year we endorsed the work of the Coalition for Healthy School Food | Canada. They are a strong body of advocates working to make universal school food programs a reality.

# Partnerships

- We worked with our Municipality to have "Happy to Chat" Benches in our communities. After two + years of a pandemic there is no better time to have benches to encourage conversation, promote social connection and reconnect with community.
- We host two networks in the community the Dartmouth Community Network and a Mental Health Network, we have board members and staff that participate on a number of committees ; , Aging Well Coalition, The QE2 Diversity Bursary Committee, The Public Good Society of Dartmouth, Let's Get Moving HRM to stay informed and work to address our health priorities.