

Community Health Teams

Wellness Navigation at the Seniors Information Centre in St. Margaret's Bay

What is Wellness Navigation?

- Do you need help to find resources?
- Are you struggling with your money, housing, health, or mental health and don't know where to go?
- Do you have concerns about your ability to care for a family member?
- Do you want to join a group or feel more connected to your community?

Navigation can help with those questions. Our wellness is affected by all kinds of things. When we have access to resources we are more likely to be well.

Wellness Navigators can support you to find the right services to help. Wellness Navigators are health care professionals who know health, community and government systems. We work with adults, children, youth and families. We offer navigation services over the phone, by meeting you at a convenient public location, or at the Community Health Team office.

Call 902-460-4560 extension 2 to book an appointment
Please have your health card ready when you call.

Our services are free of charge.



www.communityhealthteams.ca • 902-460-4560



Seniors Association of St. Margaret's Bay

