



# WHERE TO GO FOR HELP

**A Resource  
Guide for  
Nova Scotia**

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for Nova Scotia  
v 4.0**

**September 2023**

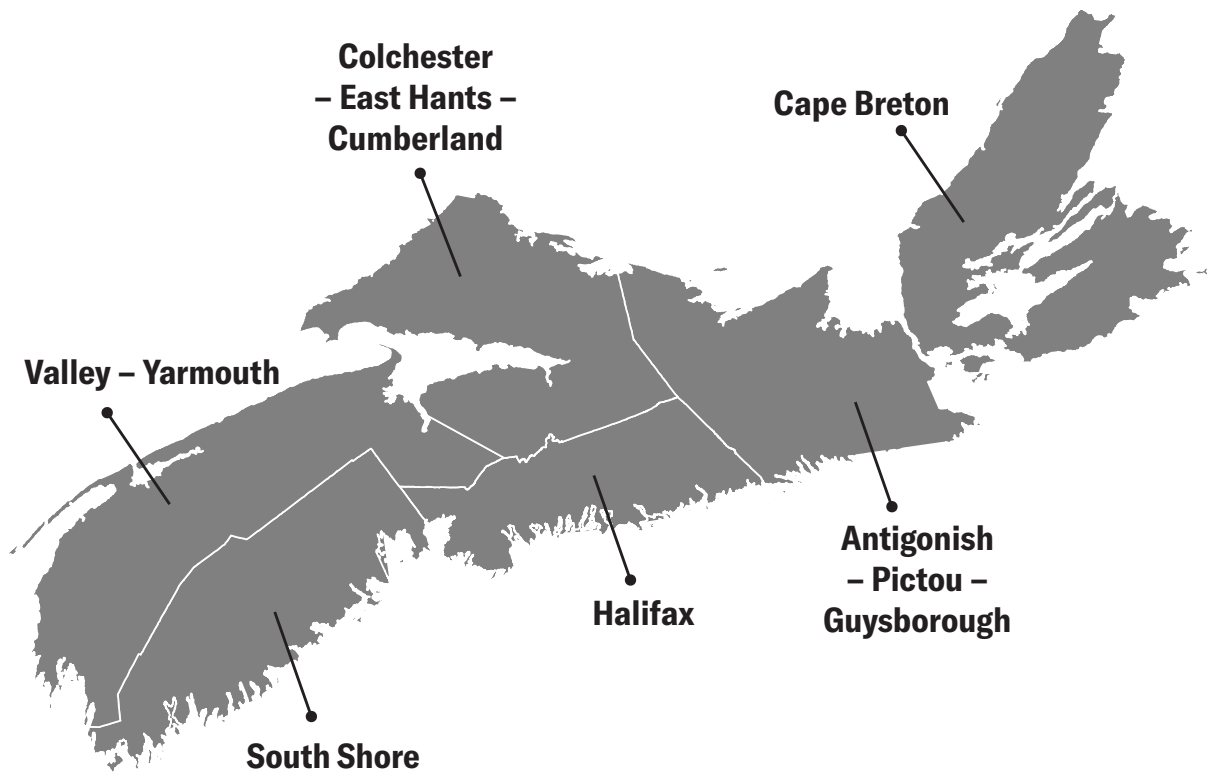
Revised and edited by Randolph Riley  
with financial support from the Nova Scotia Department of Justice



# Provincial Divisions

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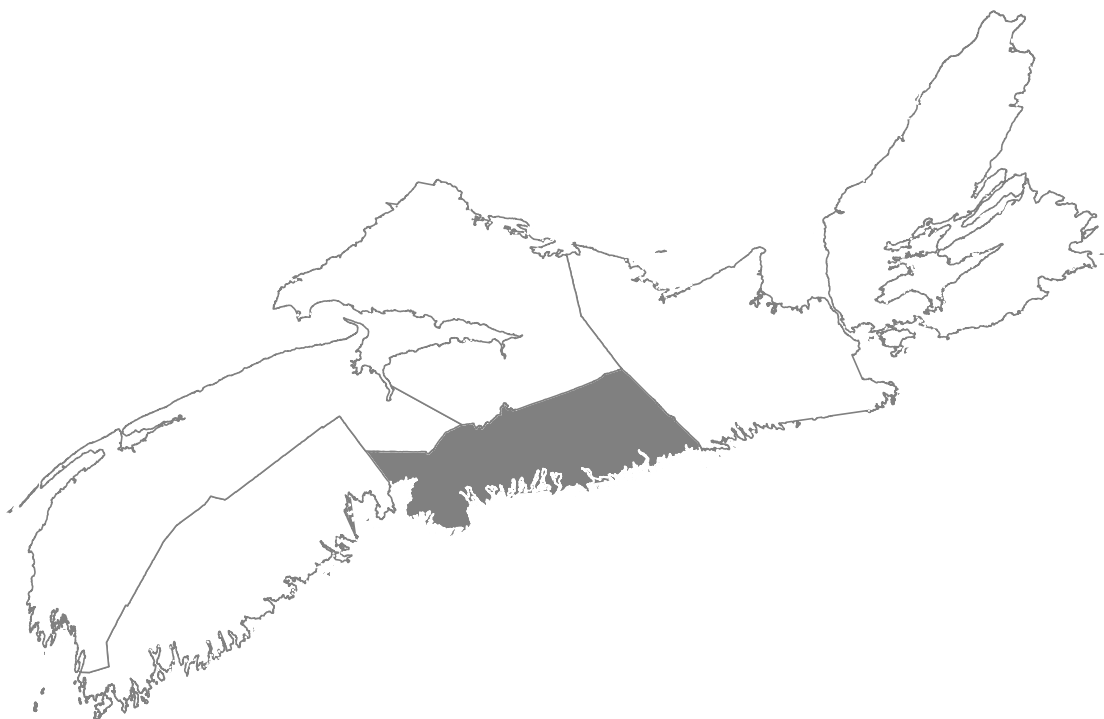
## GENERAL PHONE LINES

<b>Emergency (Nova Scotia)</b>	911
<b>Police (non-emergency)</b>	Halifax 902-490-5020 Truro 902-895-5351 Bible Hill RCMP: 902-893-6820
<b>Gov't 24 hr health question-line</b>	811
<b>211 Nova Scotia</b> <i>24hrs, 7 days/week</i> <i>(information about local services)</i>	211 Text: 211NS or 21167
<b>Canadian Association of Elizabeth Fry Societies</b>	1-844-379-7624
<b>Immunization Record Requests</b>	902-481-5890
<b>Legal Information Society of Nova Scotia</b>	902-455-3135 or 1-800-665-9779
<b>MSI (Health Card)</b>	902-496-7005 1-800-563-8880
<b>Transition House Association of Nova Scotia</b> <i>24 hr toll-free line</i>	1-855-225-0220 <i>Can help find the closest support</i>
<b>Truro Mental Health Crisis line</b>	902-893-5526

## CRISIS LINES

<b>Avalon Sexual Assault Crisis Line</b>	902-425-0122
<b>Bryony House Abuse-Related (24-hours)</b>	902-422-7650
<b>Colchester Sexual Assault Centre (Truro)</b>	902-897-4366
<b>Crime Stoppers (Truro)</b>	1-800-222-8477
<b>Emergency (Truro and Halifax)</b>	911
<b>HRM Duty Counsel (immediate legal help)</b>	902-420-7800
<b>Mental Health Mobile Crisis Line</b> <i>(24-hours)</i>	1-888-429-8167 902-429-8167
<b>Mi'kmaw Family Healing Centre (Truro)</b>	1-800-565-4711
<b>Third Place 24 hr crisis line (Truro)</b>	902-893-3232

# HALIFAX



## COMMUNITY SUPPORTS & CHILD CARE CENTRES

– free unless specified otherwise

HALIFAX		
<b>7th Step Society of Nova Scotia, Halifax</b>	Weekly peer support meetings in Halifax at Dalhousie University for individuals with experience in the criminal justice system	902-422-0456 <a href="mailto:info@knoxlaw.ca">info@knoxlaw.ca</a>
<b>902 Man Up</b>	Creating lasting solutions to violence involving young black males and promote community self-empowerment, educational achievement and economic opportunities through a committed, collaborative and accountable presence within Nova Scotia	2131 Gottingen St, Halifax, NS B3K 5Z7 902-426-5202 <a href="mailto:inquiry@902manup.ca">inquiry@902manup.ca</a> <a href="http://www.902manup.ca">www.902manup.ca</a>
<b>Bayers Westwood (Fairview)</b>	<ul style="list-style-type: none"> <li>• Parenting support</li> <li>• Pre-school education</li> <li>• Barter system for clothing and household items</li> <li>• Skills training (sewing, cooking, budgeting)</li> <li>• Youth group with weekly events</li> <li>• Community garden</li> </ul>	902-454-9444  3499 McAlpine Ave., Halifax  <b>Hours of Operation</b> Monday -Thursday, 9am-4pm Closed each day 12:00pm-1pm for lunch
<b>Bereaved Parent Group</b>	Support group for parents who have lost a child of any age.	902-470-7984  6080 Young St., Suite 1001 Halifax
<b>The Brotherhood</b>	<p>Nova Scotia Brotherhood Initiative is a free program for Black men to access health care in the community to improve overall health and wellbeing. A team of health care professionals provide culturally-appropriate primary medical care plus health and wellness services for men of African descent across Halifax Regional Municipality.</p> <ul style="list-style-type: none"> <li>• Health and wellness services include:</li> <li>• Primary medical care</li> <li>• Health promotion and wellness education</li> <li>• Chronic disease management</li> <li>• Navigation to community resources</li> <li>• Variety of free health and wellness programs throughout the year.</li> </ul>	<p>To make an appointment or for general information, please phone 902-434-0824 or email <a href="mailto:nsbrotherhood@nshealth.ca">nsbrotherhood@nshealth.ca</a></p> <p><b>Locations:</b></p> <p>The North Grove, 6 Primrose St., Dartmouth</p> <p>Mumford Professional Centre 6960 Mumford Rd., Suite 2056 Halifax</p> <p>Emmanuel Baptist Church 633 Pockwock Rd., Hammonds Plains</p> <p>North Preston Community Health &amp; Wellness Centre, 44 Simmonds Rd., North Preston</p> <p>W5 Mall Suite 201, 1900 Highway 7, East Preston</p>

HALIFAX		
<b>Chebucto Family Centre (Spryfield)</b>	<ul style="list-style-type: none"> <li>• Child care (during programs)</li> <li>• Parenting + personal development workshops</li> <li>• Fitness + recreation classes</li> <li>• Help accessing resources</li> <li>• Faxing + photocopying</li> <li>• Home + clothing supplies</li> <li>• Help with transportation</li> <li>• H.O.P.E trauma program</li> <li>• Volunteer Doula Program</li> <li>• Pre-natal classes</li> <li>• Trading Cupboard: barter system for items</li> </ul>	902-479-3031 (ext 302)  3 Sylvia Ave., Halifax  <b>Hours of Operation</b> Monday 9am-12pm Tuesday-Friday, 9am-4pm <i>Closed each day 12:30pm-1pm for lunch</i>
<b>Coverdale</b>	<ul style="list-style-type: none"> <li>• Caitlan's Place</li> <li>• Intensive Case Management</li> <li>• Court Support</li> <li>• Bail Support And Supervision Program</li> <li>• Cultural Pathways</li> <li>• Wellness Center</li> <li>• Project Rise Up4</li> <li>• Coverdale Care Closet</li> </ul>	6169 Quinpool Road, Suite 203, Halifax, NS, B3L 4P8 <a href="mailto:admin@Covedale.ca">admin@Covedale.ca</a> 902- 422-6417  <a href="http://www.coverdale.ca">www.coverdale.ca</a>
<b>Dartmouth Family Centre (Dartmouth)</b>	<ul style="list-style-type: none"> <li>• Pre and post-natal support</li> <li>• Childhood development programs</li> <li>• Parenting workshops</li> <li>• Parent &amp; child playgroups</li> <li>• Respite childcare (offsite or for programs)</li> <li>• One-on-one support</li> <li>• IWK Women's Wellness Clinics</li> <li>• Community drop in room:</li> <li>• Open to community every morning 9am-12:00 noon and every afternoon (except Thursday) from 1- 4pm.</li> <li>• Space to socialize</li> <li>• Information, parenting support</li> <li>• Toys, books for children</li> <li>• Snacks</li> <li>• Daily free bread from FEED NS.</li> <li>• Access to telephone and newspaper</li> <li>• Community trade cupboard: exchange items (ex. children's toys, personal care items, baby care items)</li> <li>• Community Food Centre (Dartmouth North)</li> </ul>	902-464-8234  107 Albro Lake Road Dartmouth  <b>Hours of Operation</b> Monday-Friday, 9am-4pm <i>Closed each day 12:00pm-1pm for lunch</i> <i>Closed Thursday afternoons</i>
<b>Child Care Connection of Nova Scotia</b>	Child care related services including a resource library and referrals based on specific child care issues.	902-423-8199  1200 Tower Rd., Suite 100 Halifax <a href="mailto:cccns@istar.ca">cccns@istar.ca</a> <a href="http://www.cccns.org">www.cccns.org</a>

HALIFAX		
<b>Child Care Information and Support Services</b>	Offers information on daycares, day homes, and available spots for children.	902-423-0701  2326 Brunswick St., Halifax
<b>Eastern Shore Family Resource Centre</b>	Offers a variety of programs, services, and one-on-one support to meet the needs of families along the Eastern Shore.  Programs include: <ul style="list-style-type: none"> <li>• breastfeeding support</li> <li>• parenting workshops</li> <li>• connections to a Certified Canadian Family Life Educator for help, support or information and referral</li> </ul>	902-827-1461 1-866-847-1461 ( <i>toll free</i> )  Porter's Lake Shopping Centre, Suite 203, 5228 Highway 7 Porters Lake  <a href="mailto:esfamilyresource@ns.aliantzinc.ca">esfamilyresource@ns.aliantzinc.ca</a> <a href="http://www.esfamily.org">www.esfamily.org</a>
<b>Elizabeth Fry of Mainland NS</b>	<ul style="list-style-type: none"> <li>• Self-empowerment programs about</li> <li>• Anger Management</li> <li>• Healthy Relationships</li> <li>• Personal Boundaries</li> <li>• Relapse Prevention</li> <li>• Shop-lifting Program</li> </ul>	902-454-5041  1 Tulip Street Dartmouth
<b>Family SOS (Downtown)</b>	<ul style="list-style-type: none"> <li>• After school program youth and children</li> <li>• After-school programming</li> <li>• Focuses on physical and mental health of children</li> <li>• Parenting programs</li> <li>• In home parenting support</li> <li>• Positive parenting groups</li> </ul>	902-455-5515 2006 Gottingen Street Halifax  <a href="http://www.familysos.ca/programs/youth">www.familysos.ca/programs/youth</a>  <b>Hours of Operation</b> Monday-Friday, 9am-4:30pm
<b>Halifax and Region Military Family Resource Centre</b>	<ul style="list-style-type: none"> <li>• Crisis support</li> <li>• Short term counselling, information</li> <li>• Assessment and referral</li> <li>• Education and prevention programming</li> <li>• Assistance with development of a plan to face challenges</li> <li>• Support for Canadian Forces families who have a loved one who has been injured or becomes ill while serving</li> <li>• Emergency accommodations or emergency financial assistance.</li> </ul>	902-427-7788 1-888-753-8827 ( <i>toll free</i> ) 902-427-7788 (FIRST Line)  Windsor Park Building 106, 6393 Homefire Crescent, Halifax  <b>Hours of Operation</b> Mon-Fri 6am-7pm <a href="mailto:info@halifaxmfrfc.ca">info@halifaxmfrfc.ca</a> <a href="http://www.halifaxmfrfc.ca">www.halifaxmfrfc.ca</a>

HALIFAX		
<b>John Howard Society of Nova Scotia, Halifax Region</b>	Services include: <ul style="list-style-type: none"> <li>• Community Workplace Program and Fine Options Program</li> <li>• Anger Management and Emotional Intelligence Program</li> <li>• Healthy Relations</li> <li>• Aftercare Services</li> <li>• Community Assessments</li> <li>• Community Maintenance Program</li> <li>• Employment Readiness Program</li> <li>• Record Suspension Application Service</li> <li>• United States Waiver Application Service</li> <li>• Freeing the Human Spirit Program</li> </ul>	902.429.6429  541 Sackville Drive Suite #1 Lower Sackville  <a href="mailto:contact@ns.johnhoward.ca">contact@ns.johnhoward.ca</a>
<b>LEA Place Women's Resource Centre</b>	Core services include: <ul style="list-style-type: none"> <li>• Support Counselling and Crisis Intervention</li> <li>• Advocacy and Accompaniment</li> <li>• Information and Referral</li> <li>• Outreach</li> <li>• Community Education</li> <li>• Programs include life skills, family and youth, sexual violence prevention and intervention, healthy relationships, health and wellness, economic development and self-sufficiency, legal, housing, and poverty relief.</li> </ul>	902-885-2668  22709 Hwy #7 P.O. Box 245 Sheet Harbour  <a href="http://www.leaplace.com">www.leaplace.com</a>
<b>Memory Lane (Sackville)</b>	<ul style="list-style-type: none"> <li>• Child health and development programs</li> <li>• Day care (free if qualify for subsidy)</li> <li>• Child programing and adult programing to educate about family health</li> </ul>	902-864- 6363  22 Memory Lane Sackville
<b>Mi'kmaw Native Friendship Centre (Downtown)</b>	<ul style="list-style-type: none"> <li>• Assistance with obtaining employment</li> <li>• Assistance with continuing, obtaining education</li> <li>• Housing support</li> <li>• Child development programs</li> <li>• Help coping with addictions</li> <li>• Mental health support</li> <li>• Victim-support program</li> <li>• 7 Sparks program to support reintegration of ex-offenders</li> </ul>	902-420-1576 2158 Gottingen Street Halifax
<b>Navigator St., Outreach</b>	Provides homeless and street-involved individuals with: <ul style="list-style-type: none"> <li>• support to address barriers to securing and maintaining employment and housing</li> <li>• support to navigate services around health, mental health</li> <li>• addictions support</li> </ul>	902-209-6517 1-855-208-6517 (toll free)  <a href="mailto:navigatorstreetoutreach@yahoo.com">navigatorstreetoutreach@yahoo.com</a>

HALIFAX		
<b>Parents and Children Together (PACT)</b>	Offers family directed programming.	902-434-8952  1114 Cole Harbour Rd., Suite 102 Dartmouth  <b>Hours of Operation</b> Tues & Thurs 9:30am-11am Wed 9:30am-3pm <a href="http://www.parentsandchildrentogether.info">www.parentsandchildrentogether.info</a>
<b>Progress Centre for Children with Special Needs (Downtown)</b>	<ul style="list-style-type: none"> <li>• No referral needed</li> <li>• Workshops and information sessions</li> <li>• Library books about living with a child with special needs</li> <li>• Parent support groups</li> </ul>	902-423-2686  3530 Novalea Drive Halifax
<b>reachABILITY Association</b>	Provides support to persons living with a disability in the following key areas: <ul style="list-style-type: none"> <li>• Employment</li> <li>• Education</li> <li>• Legal</li> <li>• Recreational</li> <li>• Sustainability</li> <li>• Counselling</li> <li>• Clinic</li> </ul>	902-429-5878 1-866-429-5878 (toll free)  3845 Joseph Howe Drive Suite 201, Halifax  <a href="http://www.reachability.org">www.reachability.org</a>
<b>Social Work Community Clinic</b>	Social Work clinic located in Veith House, run by Dalhousie University. Social Work Students are supervised by social work graduates. Offers: <ul style="list-style-type: none"> <li>• Advocacy, supportive counselling/ variety of help</li> <li>• Crisis intervention/management</li> <li>• Case management services</li> <li>• System Navigation</li> </ul>	902-494-2753 (Coordinator Sarah or Michelle)  3115 Vieth St., Halifax  Email: <a href="mailto:swcc@dal.ca">swcc@dal.ca</a>  Facebook: <a href="https://www.facebook.com/pg/socialworkcommunityclinic/">www.facebook.com/pg/socialworkcommunityclinic/</a>  <b>Hours of Operation</b> Monday-Friday, 10:00am – 3:00pm
<b>The Stepping Stone Association-Drop in centre (for current and former sex workers)</b>	For current and former sex workers Provides: <ul style="list-style-type: none"> <li>• food (coffee, snacks, food delivered daily, monthly food order)</li> <li>• access to telephone+ computer, shower, towels, hygiene products</li> <li>• clothing closet</li> <li>• peer support and crisis intervention</li> <li>• addiction referrals</li> <li>• court support and housing support</li> <li>• help building resumes, finding jobs and obtaining education referrals</li> <li>• monthly programming</li> </ul>	902-420-0103  2224 Maitland St., Halifax  <a href="http://www.stepsingstonens.ca">www.stepsingstonens.ca</a>  <b>Hours of Operation</b> Mon-Fri 9:30 am – 1:00 pm.

HALIFAX		
<b>Women's Centers Connect!</b>	Women's Centers Connect unites the nine community-based women's centers in Nova Scotia offering individual support, counseling, crisis intervention, information and referrals.	902-449-9820  3256 Isleville St., Halifax  <a href="mailto:coordinator@womenconnect.ca">coordinator@womenconnect.ca</a>  <a href="http://www.womenconnect.ca">www.womenconnect.ca</a>
<b>YWCA (Spryfield)</b>	<ul style="list-style-type: none"> <li>• Housing support</li> <li>• Help accessing resources</li> <li>• Early learning and child care support</li> <li>• Assistance with obtaining and continuing education</li> </ul>	902-423-6162: <i>Women's Services</i>  902-423-6162: <i>Child Youth and Family Programs</i>  902-423-6162 (ext 5211): <i>Child Care – Contact Kerri</i>  1239 Barrington St, Halifax 358 Herring Cove Rd., Spryfield

## FOOD BANKS / SOUP KITCHENS / CLOTHING / FURNITURE

– free unless specified otherwise

HALIFAX		
<b>7th Day Adventist Community Services Centre</b>	Free Meal: Mon 1pm-2pm, Weds 1pm-4pm, Fri 9am-12 pm	902-423-3021 2063 Parker Street Halifax
<b>Breakfast Program, Salvation Army (Spryfield)</b>	Free Meal: Monday, Tuesday, Friday, 9:30am-11am <i>Call for more information, or drop in</i> <i>No documents required</i> <i>*Covers Spryfield and surrounding area</i>	902-477-5393 328 Herring Cove Road Halifax
<b>Brunswick St., Mission</b>	Free Meal: Mon-Sat: 7am-9 am  Food Bank: Wednesday for food pick up Thursday (arrive by 9:30 am) <i>*must pre-register</i>  Clothing: Mon and Wed: 9am-2pm ( <i>closed 11:30 am-12:30pm for lunch</i> )  Trusteeship program Tax return help	902-422-1598 902-423-4605 <i>(to register for food bank)</i>  2107 Brunswick St., Halifax
<b>Christ Church</b>	Food Bank: Fri 9:30am-11:30 am	902-466-4270 61 Dundas Street
<b>Church of the Holy Spirit Helping Hands Food Bank</b>	Provides food assistance to those in need.  Usually provides 3-5 days of food.	902-463-6544 902-463-6544  1 Regency Dr., Halifax

<b>HALIFAX</b>		
<b>Daily Bread Outreach</b>	Free Meal: Mon- Fri 1:30pm-3:30pm	902-423-7574 1531 Grafton Street
<b>David's Place Drop-In</b>	Free Meal: Mon-Fri 10am-1pm	902-423-1944  St. David's Church Hall, 1537 Brunswick St.,
<b>DejaVu Clothing Room, Adsum For Women</b>	Provides free clothing and accessories to women and children in need	902-423-4422  2421 Brunswick Street  <b>Hours of Operation</b> Monday-Friday, 9am-5pm
<b>East Dartmouth Christian Food Bank Association</b>	Provides food assistance to those in need. Usually provides 3-5 days of food.	902-434-5819  50 Woodlawn Rd., Dartmouth  <b>Hours of Operation</b> Thurs 9am-11am
<b>Eastern Shore Volunteer Food Bank</b>	Provides food assistance to those in need. Usually provides 3-5 days of food.	902-889-9243  43 East Petpeswick Rd., Musquodoboit Harbour  <b>Hours of Operation</b> First 3 Wed of each month, 9am-1:30pm
<b>Feeding Others of Dartmouth (Dartmouth)</b>	Free Meal: Mon-Sun 12-12:30 pm Mon, Tues, Weds: 4:30-5pm	902-464-2919 43 Wentworth Street, Dartmouth
<b>Food Bank Café, St. Paul's (Spryfield)</b>	Free coffee, tea, snack. Wednesday, 10am-12pm No Feeds, accessible to all	902-477-5206  173 Old Sambro Road Halifax
<b>Hope Cottage</b>	Free Meal: Mon-Fri: 10am-11 am, 5-6pm	902-429-7968  2435 Brunswick Street Halifax  <a href="http://www.hopecottage.ca">www.hopecottage.ca</a>
<b>Holy Trinity Emmanuel Church Clothing Depot</b>	Offers free clothing to those in need.	902-463-3713 30 Alfred Street Dartmouth
<b>The Loaded Ladle</b>	Provides food assistance to those in need.	902-494-6662  Dalhousie Student Union Building, Room B24, 6136 University Avenue Halifax  <b>Hours of Operation</b> Sept-April Tues-Fri 1pm

## HALIFAX

<b>Mulgrave Park Food Bank</b>	Provides food assistance to those in need. Usually provides 3-5 days of food.	902-580-8899  27 Jarvis Lane, Halifax  <b>Hours of Operation</b> Sat 10am-12pm
<b>Parker St., Food and Furniture Bank</b>	Food Bank: Mon, Wed, Fri <i>Fill food orders from 8:30am-11:00 am</i>  <i>Register at 8am. Bring government ID, photo ID, proof of address</i>  Furniture: Free of charge if need is proven, delivery charge may apply.	902-425-2125  2415 Maynard Street Halifax
<b>Salvation Army (Dartmouth)</b>	Free Meal: Mon: 1:30pm-3pm Thurs: 9:30am-11am, 12:30pm-3pm	902-466-6847  171 Pleasant Street Dartmouth
<b>Salvation Army (Halifax)</b>	Free Meal: Mon + Fri 9am-12 noon Free Clothing	902-422-1598 2038 Gottingen Street Halifax
<b>Souls Harbour RESCUE Mission</b>	Free Meal: Mon-Fri: 1pm-4pm	902-405-4663  5568 Cunard St., Halifax  <a href="http://www.shrm.ca">www.shrm.ca</a>
<b>St. George's Church</b>	Free Meal: Sat 4pm-5pm	902-423-1059 2222 Brunswick Street Halifax
<b>St. Mark's Foodbank</b>	Food Bank: Tues 9:00am-11am	902-454-0207 5522 Russell Street Halifax
<b>Saint Mary's Cathedral Basilica Daily Bread Outreach</b>	Provides food assistance to those in need	902-423-7574 5221 Spring Garden Rd., Halifax  <b>Hours of Operation:</b> Mon-Fri 1:30pm-3:30pm
<b>Saint Mary's University Community Food Bank</b>	Provides food assistance to those in need. Usually can provide 3-5 days of food.	O'Donnell-Hennessey Student Centre, 5th floor, 5916 Inglis St., Room 526, Halifax  <a href="http://www.smu.ca/foodroom">www.smu.ca/foodroom</a>
<b>St. Matthew's United Church</b>	Free Meal: Sunday 8:20am -9:30am	902-423-9209 1479 Barrington Street Halifax
<b>Sunday Supper, ARK Outreach</b>	Free Meal: Sat 4pm-6pm Drop in, no documents required	902-492-2577  6036 Coburg Road Halifax

<b>HALIFAX</b>		
<b>Uniacke Square Community Food Bank</b>	Provides food assistance to those in need. Usually provides 3-5 days of food.	902-423-5629  2420 Cragg Ave., Halifax  Hours: Third Thurs 9am-11am
<b>Victoria Rd., Baptist Church Food Bank</b>	Provides food assistance to those in need. Usually provides 3-5 days of food.	902-469-8576  36 Victoria Rd., Halifax  Hours: Wed 3pm-4pm
<b>YWCA Food First (Spryfield)</b>	Free Program 2nd and 4th Friday of every month, 11:45-1:00pm  Free meal, shared tips on resources for health eating on a budget. No registration required	902-423-6162 (ext 4228)  358 Herring Cove Road Halifax

## RESOURCES FOR YOUTH

(UPPER AGE LIMITS VARY FROM 19-30) – free unless specified otherwise

HALIFAX		
<b>Bereavement Support Group (IWK Health Centre)</b>	<ul style="list-style-type: none"> <li>Supporting children, teens and families who are grieving the death of a loved one.</li> <li>Connecting children, teens and families with helpful community, online and literary resources.</li> <li>Periodic grief groups for children, teens and parents are offered.</li> </ul>	Contact: Sarah King, RN at 902-470-8942 or <a href="mailto:sarah.king@iwk.nshealth.ca">sarah.king@iwk.nshealth.ca</a>  IWK 5850/5980 University Ave., Halifax, NS B3K 6R8
<b>Chebucto Connections (Spryfield)</b>	<ul style="list-style-type: none"> <li>Academic support</li> <li>Communication connection</li> <li>Financial support and planning</li> <li>Student educational advocacy</li> </ul>	902-477-0964  531 Herring Cove Road Spryfield, Halifax  <b>Hours of Operation</b> Monday-Friday, 9am-4:30pm
<b>Homebridge Youth Society</b>	<ul style="list-style-type: none"> <li>Provides residential care to youth in the Child Welfare system</li> <li>Serves youth, male and female, 12 years of age and older</li> <li>Operates six facilities throughout HRM, which are community based and located in residential neighbourhoods</li> <li>Each facility offers structured and unstructured life skills programming</li> <li>All youth are expected to attend a school program whenever possible</li> </ul>	902-466-1439 270 Pleasant St., Dartmouth
<b>Kid's Help Phone</b>	Age 20 and under <ul style="list-style-type: none"> <li>Call if dealing with any issue ranging from mental health challenges, feeling lonely, bullying, etc.</li> </ul>	1-800-668-6868 (toll free)
<b>Laing House</b>	<ul style="list-style-type: none"> <li>For youth living with mental illness age 30 and under</li> <li>Drop-in centre with daily activities and range of supportive programming</li> </ul>	902-423-7744  1225 Barrington Street Halifax
<b>Lesbian Gay Bisexual Youth Project Society</b>	Drop-in, education and supportive counseling and referral services for LGBTQ youth	902-429-5429 902-GAY-5-GAY  2281 Brunswick St., Halifax  <a href="mailto:youthproject@youthproject.ns.ca">youthproject@youthproject.ns.ca</a>  <a href="http://www.youthproject.ns.ca">www.youthproject.ns.ca</a>
<b>Phoenix House</b>	<ul style="list-style-type: none"> <li>Long term living for male and female youth</li> <li>Focus on development of independent living skills</li> <li>Age limit of 24</li> </ul>	902-422-5583  2385 Hunter Street Halifax

HALIFAX		
<b>Phoenix Supervised Apartment Program</b>	<ul style="list-style-type: none"> <li>• Long term apartment living with live-in support worker</li> <li>• For males and females up to age 24</li> </ul>	902-431-9678  2385 Hunter Street Halifax
<b>Phoenix Youth &amp; Community Centre</b>	<ul style="list-style-type: none"> <li>• After school programming</li> <li>• Girl's group programming</li> <li>• Organized sports</li> <li>• Intergenerational programming</li> <li>• Community kitchen</li> <li>• Summer programming</li> </ul>	902-877-0276 or 902-444-3401  Mulgrave Park, 123 & 133 Jarvis Lane Halifax  <b>Hours of Operation</b> Monday -Friday, 9am-5pm
<b>Phoenix Youth Counselling</b>	Individual/family therapy for students ages 12-19 and youth taking part in other Phoenix programs, up to age 24  <i>By appointment only</i>	902-444-3400  5547 Young Street Halifax  <b>Hours of Operation</b> Monday-Friday, 9am-5pm
<b>Phoenix Youth Drop-in Centre</b>	<ul style="list-style-type: none"> <li>• Housing support</li> <li>• Advocacy</li> <li>• Crisis intervention</li> <li>• Counseling</li> <li>• Parenting support</li> <li>• Referral to community and internal resources</li> <li>• Health services</li> <li>• Financial support</li> <li>• Food, clothing, shower and laundry facilities</li> <li>• Computer and phone access</li> </ul>	902-405-3249 or 1-866-620-0676  6035 Coburg Rd., Halifax  <b>Hours of Operation:</b> Mon, Wed, Thurs: 9:30am-1pm, 2pm-5pm Tues, 2-5pm, Fri, 2-4:45pm
<b>Phoenix Youth Outreach Program/ Learning and Employment Centre</b>	<ul style="list-style-type: none"> <li>• Employment support to youth ages 16-24</li> <li>• Employment programming</li> <li>• Connection with employers</li> </ul>	902-431-9111 6169 Quinpool Rd. Suite 220, Halifax  <b>Hours of Operation</b> <i>Employ Centre:</i> Mon, Wed, Fri, 9am-5pm Tuesday, 9am-12:30 pm <i>Outreach Program:</i> Mon- Fri, 9am-5pm
<b>Phoenix Youth Shelter</b>	Temporary housing for male and female youth up to age 24	902-446-4663 1094 Tower Rd., Halifax

## MENTAL, SEXUAL AND PHYSICAL HEALTH

– free unless specified otherwise

HALIFAX		
<b>24-Hour Health question-line</b>	Health information and advice	811
<b>Abortion Support Services Atlantic</b>	<ul style="list-style-type: none"> <li>• Non-medical support</li> <li>• Help navigating the medical system</li> <li>• Connects you to a volunteer/doula who can accompany you to appointments</li> <li>• Can help cover transportation costs to and from appointments / accommodation if needed.</li> </ul>	Facebook/Email contact only: <a href="https://www.facebook.com/maritimeabortionsupport/">www.facebook.com/maritimeabortionsupport/</a> <a href="mailto:masshfx@gmail.com">masshfx@gmail.com</a>
<b>Affirmative Ventures Association</b>	<ul style="list-style-type: none"> <li>• Assists Nova Scotia mental health consumers and other persons with disabilities achieve lifelong independence, with a focus on homes, jobs, and friends</li> <li>• Offers an employment training program involving three associated social enterprises: Pet Stuff on the Go, Common Values and Mort's Convenience Store.</li> </ul>	902-225-2130  139 Main Street Dartmouth  <a href="http://affirmativeventures.ca">affirmativeventures.ca</a>
<b>AIDS Coalition of NS</b>	<ul style="list-style-type: none"> <li>• Support and programming for those living with HIV/ AIDS</li> <li>• Information and support for those concerned about contracting HIV/ AIDS</li> </ul>	902-425-4882 or 902-429-7922  5516 Spring Garden Rd, Suite 200, Halifax
<b>Alcoholics Anonymous (AA), Halifax</b>	Community support groups for those coping with alcohol addiction	902-476-3057  <a href="mailto:DCM1.AAHalifax@gmail.com">DCM1.AAHalifax@gmail.com</a> <a href="http://www.aahalifax.org">www.aahalifax.org</a>
<b>Alcoholics Anonymous (AA), Dartmouth</b>	Community support groups for those coping with alcohol addiction	902-406-5717  <a href="mailto:DCM1.AAHalifax@gmail.com">DCM1.AAHalifax@gmail.com</a> <a href="http://www.aahalifax.org">www.aahalifax.org</a>
<b>Anger Management</b>	Providing an Afrocentric safe space for individuals to unpack issues and learn how to deal with anger and its long-term effects through conversations around emotions, stressors, communication skills, mindfulness, understanding what anger is, identifying appropriate ways to handle anger, and how anger can affect both health and relationships.	Free. Registration required.  Register with Preston Matthews at <a href="mailto:PrestonJ.Matthews@nshealth.ca">PrestonJ.Matthews@nshealth.ca</a>

HALIFAX		
<b>Avalon SANE Response Line</b>	<p>Telephone response line for immediate sexual assault information and support</p> <p>Serves people who experienced a sexual assault in the past 5 days (120 hours). Response provides:</p> <ul style="list-style-type: none"> <li>• medical examination and forensic evidence collection in emergency departments of the IWK Health Centre, QEII Health Sciences Centre, Dartmouth General Hospital and Cobequid Community Health Centre</li> <li>• programs and counselling</li> <li>• supportive follow-up for victims</li> </ul>	<p>902-425-0122</p> <p>Available 24 hours a day, 7 days a week.</p>
<b>Avalon Sexual Assault Centre</b>	<p>For women and trans individuals who have experienced/are experiencing sexual abuse/assault</p> <ul style="list-style-type: none"> <li>• Individual counselling in relation to sexual abuse/assault</li> <li>• General information, preparation, and emotional support for police processes, justice system processes, and other community resources;</li> <li>• Accompaniment and support to court, police, and other appointments related to sexual assault/abuse when possible.</li> </ul>	<p>902-422-4240</p> <p>1526 Dresden Row, 4th floor Halifax</p> <p><a href="http://www.avaloncentre.ca">www.avaloncentre.ca</a></p>
<b>Barber Shop Talks</b>	<p>The barbershop in the Black community has historically been a safe, nonjudgmental space for men to talk about anything. Through an interactive format, Barber Shop Talk aims to help Black men and boys confess their vulnerabilities and give them resources to begin a healthier way of living, as well as to show barbers how they can be mental health advocates. Explore Black men and boy's health and wellness issues and learn to help each other through peer discussion and health professionals talks.</p>	<p>Free. Registration required.</p> <p>Please register with Duane Winter at 902-240-6131 or email <a href="mailto:Duane.Winter@nshealth.ca">Duane.Winter@nshealth.ca</a></p>
<b>Bryony House 24 hour women's crisis line</b>	<p>Emergency support for women experiencing abuse</p>	<p>902-422-7650</p>
<b>Canadian Mental Health Association</b>	<p>Non-emergency mental health services</p>	<p>902-466-6600</p> <p>45 Alderney Drive Suite 200, Dartmouth</p>

## HALIFAX

<b>Cocaine Anonymous</b>	Community support groups for those coping with drug or alcohol addiction	<p>902-476-7461  <a href="mailto:ca.maritimes@gmail.com">ca.maritimes@gmail.com</a>  <a href="http://www.ca-maritimes.org">www.ca-maritimes.org</a></p> <p><b>Meetings:</b>  Mondays:  7:00 p.m. to 8:00 p.m.  Fort Massey United Church, 5303 Tobin St., Halifax</p> <p>Wednesdays:  8:00 pm to 9:00 pm  St. Luke's United Church, 5374 St. Margarets Bay Rd, Upper Tantallon</p> <p>Fridays:  7:00 p.m. to 8:00 p.m.  Fort Massey United Church, 5303 Tobin St., Halifax</p>
<b>Direction 180 Methadone Clinic</b>	Methadone clinic	<p>902-420-0566  2164 Gottingen Street  Halifax</p>
<b>Divorce Care</b>	<ul style="list-style-type: none"> <li>• Divorce/Separation/Widowed support</li> <li>• Weekly seminars and support group meetings</li> </ul>	<p>Tuesdays at 7-9 pm  902-852-4580  St. Timothy's Church, 2320 Prospect Rd., Hatchet Lake, NS</p>
<b>Emergency Assessment, QEII Hospital</b>	Emergency health services, including mental health assessment	<p>902-473-2043  1799 Robie Street  Halifax</p>
<b>Emergency Mental Health Assessment, NS Hospital (Dartmouth)</b>	Emergency mental health assessment	<p>902-464-3114  300 Pleasant Street  Dartmouth</p>
<b>Families Matter in Mental Health</b>	A free educational and support program for family or friends of African descent who are providing practical and/or emotional support for someone who has mental illness or combined mental illness and addiction. This program is being offered virtually and registration is required.	<p>Please contact  <a href="mailto:nsbrotherhood@nshealth.ca">nsbrotherhood@nshealth.ca</a> or  call 902-943-1543.</p>

<b>HALIFAX</b>		
<b>Halifax Sexual Health Centre (free with a Health Card)</b>	<ul style="list-style-type: none"> <li>• STI testing, treatment</li> <li>• Birth control/contraception</li> <li>• Morning-after pills</li> <li>• HPV vaccine</li> <li>• Pap tests/pelvic &amp; breast exams</li> <li>• Pregnancy testing</li> <li>• Pregnancy options counselling</li> <li>• Pre-natal care referrals</li> <li>• Abortion counselling and referrals</li> <li>• Adoption referrals</li> <li>• Free condoms &amp; lube</li> <li>• Anonymous HIV testing</li> <li>• Sexuality counselling</li> </ul>	902-455-9656 6009 Quinpool Road Suite 201, Halifax
<b>Healing Our Nations</b>	<ul style="list-style-type: none"> <li>• Offers support and education to First Nation community members living with HIV/AIDS.</li> <li>• Provides:</li> <li>• Education</li> <li>• Information on prevention and treatment</li> <li>• Workshops and services</li> <li>• Anonymous support</li> </ul>	902-492-4255 31 Gloster Court Dartmouth
<b>Healthy Minds Cooperative</b>	Provides navigation supports and an array of personal development/mental health recovery programs and workshops	902-404-3504 45 Alderney Drive Suite 200, Dartmouth <a href="http://www.healthyminds.ca">www.healthyminds.ca</a>
<b>In Need of a Family Doctor</b>	Nova Scotia provincial waitlist for a family doctor.	811  <b>Hours of Operation</b> Monday- Friday, 11am-7pm
<b>IWK Women's Bladder Health Clinic</b>	Self referral clinic serving all ages experiencing bladder problems. Education, conservative non-surgical treatment/ follow up care	902-470-7783  6th floor Women's side IWK Health Centre 5980 University Ave Halifax  <b>Hours of Operation:</b> Monday-Friday, 8am-4pm
<b>IWK Community Midwifery Care Program</b>	<ul style="list-style-type: none"> <li>• Provides primary maternity care through pregnancy, labour, birth and the initial post-partum period (first six weeks)</li> <li>• Spaces may be reserved for women who are marginalized by culture, age, ethnicity and/or socioeconomic status.</li> <li>• This is a self referral line, you can call on your behalf to inquire.</li> </ul>	902-491-2292  68 Highfield Park Dr., Suite 202 Dartmouth
<b>Laing House Family Support Group – Halifax</b>	<ul style="list-style-type: none"> <li>• Peer support and education to family/friends of adolescents and adults who have a mental illness.</li> <li>• Group meetings, guest speakers and education sessions as determined by the needs of the group.</li> </ul>	Contact Dani Himmelman at 902-826-2241 or <a href="mailto:dhimmelman@eastlink.ca">dhimmelman@eastlink.ca</a>  Meetings: First Monday of each month, 7:00 pm, Laing House, 1225 Barrington St., Halifax

<b>HALIFAX</b>		
<b>Mainline Needle Exchange</b>	<ul style="list-style-type: none"> <li>• Needles, syringes, sterile water, cookers, matches, filters, ties, condoms, safer use kits, safe disposal of used needles.</li> <li>• Awareness and education related to harm reduction, particularly safer injection and safer practices.</li> <li>• Peer support, including assistance with exploring and accessing detox, treatment, methadone.</li> <li>• Assistance in locating and navigating resources for legal, social services, employment and housing issues</li> </ul>	902-830-3853 or 1-877-904-4555  5511 Cornwallis Street Halifax
<b>Matrix Women's Services (Dartmouth)</b>	<ul style="list-style-type: none"> <li>• Women-centred services provided for and by women who are/have been harmfully involved with drugs, alcohol, and/or gambling, such as</li> <li>• Counselling and community groups,</li> <li>• Relapse prevention,</li> <li>• Support for families</li> </ul>	902-424-5623 Purdy Building, NS Hospital, 300 Pleasant St., Rm 187 Dartmouth
<b>Mental Health Mobile Crisis Team</b>	Phone for help/ intervention if experiencing mental health crisis.	902-429-8167 1-888-429-8167
<b>Metropolitan Dispensary</b>	<ul style="list-style-type: none"> <li>• Provides low-cost prescription medications for low income individuals or anyone who can not afford the medication they have been prescribed.</li> <li>• Required to be a resident of Nova Scotia</li> <li>• Referral required from a social worker. If you do not have a social worker call 211*</li> </ul>	902-470-8135  IWK Health Centre 1st level near South St. entrance 5850/5890 University Ave Halifax  <b>Hours of Operation</b> Monday-Friday, 8:30am-4:30pm
<b>Mobile Outreach (MOSH)</b>	MOSH provides accessible primary health care services to people who are experiencing homelessness, insecurely housed, St., involved and underserved in our community. The MOSH team is a collaborative primary health care team of registered nurses, nurse practitioners, an occupational therapist, physicians and administrative support.	Main Line: 902-830-3853 Outreach Nurse: 902-802-3336 MOSH Reception: 902-429-5290  2131 Gottingen St., Suite 500 (5th Floor), Halifax, NS, B3K 5Z7  <a href="https://nechc.com/what-we-do/mosh/">https://nechc.com/what-we-do/mosh/</a>

HALIFAX		
<b>Narcotics Anonymous (NA)</b>	Community support groups for those coping with drug addiction Meetings are offered in the following communities: Dartmouth, Elmsdale, Halifax, New, Sackville	902-454-2913 (Meeting Information)  902-789-8323 (Help line) <a href="http://www.centralnovaarea.ca">www.centralnovaarea.ca</a>
<b>New Start Counselling</b>	<ul style="list-style-type: none"> <li>• Offers a professionally-led group counselling program to men who have used abuse in their intimate relationships.</li> <li>• Once a session begins, no new members are permitted to enter the group. Groups meet weekly for up to 20 weeks.</li> <li>• Eligibility: Men ages 18 years and older who have used abuse in their intimate relationships</li> </ul>	902-423-4675  45 Alderney Drive Suite 900, Dartmouth  <a href="mailto:newstart@eastlink.ca">newstart@eastlink.ca</a>  <a href="http://www.newstartcounselling.ca">www.newstartcounselling.ca</a>
<b>North End Community Health Centre</b>	<ul style="list-style-type: none"> <li>• Chronic disease management programs (ex. for diabetes, obesity, arthritis)</li> <li>• Information and community groups focussing on healthy living on a budget</li> <li>• Pre and post-natal education</li> <li>• Mental health worker on site</li> <li>• Helps navigate community resources</li> </ul>	902-420-0303 2131 Gottingen St., Suite 500 (5th Floor) Halifax  <b>Hours of Operation</b> Mon- Fri: 9am to 12pm / 1pm to 5pm, Call for appointment.  EVENING HOURS (Monday to Thursday): urgent care 6-8pm ( <i>Registered patients only. No appointment necessary</i> )  AFTER HOURS (24/7): Registered patients only. For urgent care that cannot wait
<b>Nova Scotia Association of Black Social Workers</b>	<ul style="list-style-type: none"> <li>• Provide individual, couple and family or group counselling as requested</li> <li>• Eligibility: Any member of the African Nova Scotian community</li> </ul>	902-407-8809 1018 Main St., Dartmouth
<b>NS Health Authority: Community Based Addictions Programs</b>	Discussion-based recovery groups.	Dial to register: 1-866-340-6700 ( <i>toll free</i> )  Locations in: <ul style="list-style-type: none"> <li>• Bayers Rd., Dartmouth</li> <li>• Cole Harbour</li> <li>• Halifax</li> <li>• Middle Musquodoboit</li> <li>• Musquodoboit Harbour</li> <li>• Sackville</li> <li>• Sheet Harbour</li> <li>• Spryfield</li> <li>• Windsor</li> </ul> <b>Hours of Operation</b> Mon- Fri: 8:30 am -4:30 pm, some evening groups.

<b>HALIFAX</b>		
<b>Public Health Halifax</b>	<ul style="list-style-type: none"> <li>• Offers nutrition information services</li> <li>• Healthy beginnings programs</li> <li>• Immunization information</li> <li>• Home visits for new parents</li> <li>• Breastfeeding support</li> <li>• Information on communicable diseases</li> <li>• New Parent support</li> <li>• Healthy physical activity information</li> <li>• General health environmental health information for NS</li> </ul>	902-481-5800  7 Mellor Ave., Unit 5, Dartmouth
<b>Recovery to Discovery peer support group meetings</b>	<ul style="list-style-type: none"> <li>• Open to anyone affected by mental illness, either directly or indirectly.</li> <li>• an interactive presentation on topics of interest to the group in the first hour, and a group discussion during the second hour. Please call for more information.</li> </ul>	Healthy Minds Cooperative <a href="http://www.healthyminds.ca">www.healthyminds.ca</a> 404-3504 <a href="mailto:healthyminds@eastlink.ca">healthyminds@eastlink.ca</a>  Meetings every Thursday from 6:30–8:30 pm at the Superstore Community Room. 1075 Barrington St., Halifax
<b>Schizophrenia Society of NS, Dartmouth</b>	Supportive programming for those living with schizophrenia and their families	902-465-2601  300 Pleasant St, Rm B-23 Dartmouth
<b>Sex Addicts Anonymous Meetings</b>	Offers weekly meetings for people to share their experience, strength and hope and help others to recover from sex addiction.	3 Dundas St., Phone: 1-800-477-8191  <b>Hours of Operation:</b> Wed 5:30pm-7pm  <a href="http://www.saa-recovery.org">www.saa-recovery.org</a>  <a href="mailto:halifaxsaa@gmail.com">halifaxsaa@gmail.com</a>
<b>Sheet Harbour Sexual Health Centre</b>	Services include: <ul style="list-style-type: none"> <li>• Safer sex supplies (e.g., condoms, dams, lube, etc.)</li> <li>• Support, guidance and/or peer counselling for individuals</li> <li>• Educational programs and/or training workshops</li> </ul>	902-885-3693  Eastern Shore Memorial Hospital, 22637 Highway 7, Sheet Harbour  <a href="mailto:sheetharbourshc@hotmail.com">sheetharbourshc@hotmail.com</a>  <b>Hours of Operation:</b> Tuesday and Thursday: 11:00 am – 4:00 pm

## HALIFAX

<b>The Sisterhood</b>	<p>A province-wide, free program for Black women to access health care in the community and to improve overall health and wellbeing.</p> <ul style="list-style-type: none"> <li>• Health promotion and wellness education</li> <li>• Navigation to health and community resources</li> <li>• Assistance in managing ongoing health conditions</li> <li>• Partnerships with community groups</li> <li>• Medical care</li> <li>• Clinical therapy (therapist on staff)</li> </ul> <p>Areas of Focus:</p> <ul style="list-style-type: none"> <li>• Heart disease</li> <li>• High blood pressure</li> <li>• Diabetes</li> <li>• Screening for health conditions</li> <li>• Mental health and addictions</li> <li>• Nutrition and physical activity</li> <li>• Obtaining health information specific to Black Women</li> </ul>	<p>The North Grove 6 Primrose St., Dartmouth</p> <p>Mumford Professional Centre 6960 Mumford Rd., Suite #2056 Halifax</p> <p>Emmanuel Baptist Church 633 Pockwock Rd., Hammonds Plains</p> <p>North Preston Community Health &amp; Wellness Centre 44 Simmonds Rd., North Preston</p> <p>W5 Mall Suite 201 1900 Highway 7, East Preston</p>
<b>Upstairs Kitchen Club</b>	<p>Peer support group for anxiety and depression</p>	<p>902-471-1422</p> <p>Mental Health Services Office, Bayers Rd., Shopping Centre, Halifax</p> <p><b>Hours of Operation:</b> Group meets every Tuesday at 7 pm</p>
<b>Weight Loss Support Group of Nova Scotia</b>	<p>Supporting people who have received, or are waiting to receive, bariatric surgery.</p>	<p>Contact directly or referral by Bariatric Program</p> <p>Erin Desmond 902-229-5237 (call or text) <a href="mailto:erincxdesmond@gmail.com">erincxdesmond@gmail.com</a></p>
<b>Women's Wellness Within</b>	<p>Provides support, education and advocacy for criminalized women and transgender individuals who are pregnant and parenting young children.</p>	<p>Facebook: <a href="https://www.facebook.com/pg/womenswellnesswithin/about/">www.facebook.com/pg/womenswellnesswithin/about/</a></p> <p><a href="mailto:womenswellnesswithinns@gmail.com">womenswellnesswithinns@gmail.com</a></p>

## LEGAL SUPPORT – *free unless specified otherwise*

HALIFAX		
<b>Aftercare Services, by the John Howard Society of NS</b>	Information and referral support regarding conflict with the law  No fees, no documents required, call for information	902-429-6429  541 Sackville Dr., Suite 1, Sackville
<b>Canadian Association of Elizabeth Fry Societies</b>	Acts as an advocate for women and girls in the justice system, dealing with the following issues as they relate to the justice system, including: <ul style="list-style-type: none"> <li>• human rights</li> <li>• literacy</li> <li>• mental health</li> <li>• racism</li> <li>• deaths in custody</li> <li>• battered women</li> <li>• mothering in prison</li> </ul>	902-454-5041 1-844-379-7624 (toll free)
<b>Coverdale Courtwork Society</b>	<ul style="list-style-type: none"> <li>• Emotional and informational support for women going through the court process</li> <li>• Educational programs promoting self-knowledge and empowerment</li> </ul>	902-422-6417  6169 Quinpool Rd Suite 203, Halifax
<b>Dalhousie Legal Aid</b>	Legal services for economically vulnerable Nova Scotians in the following areas: <ul style="list-style-type: none"> <li>• family law</li> <li>• youth criminal law</li> <li>• tenancy and housing rights</li> <li>• disputes with NS Power</li> <li>• Debt problems</li> </ul>	902-423-8105  2209 Gottingen St., Halifax
<b>Family Law Information NS</b>	Information about dealing with family law processes and services	902-424-5232 <a href="http://www.nsfamilylaw.ca">www.nsfamilylaw.ca</a>
<b>Family Law Information Program (FLIP)</b>	<ul style="list-style-type: none"> <li>• How to find a lawyer and where to get legal advice</li> <li>• Info about available court programs and services and referrals to community agencies that may be helpful</li> <li>• Help understanding the court process, help you find free information about your legal issue</li> <li>• Can NOT tell you what application you should make, what the outcome of your application will be or give you legal advice or opinions</li> </ul>	902-424-5232  3380 Devonshire Court, Halifax  <i>Sydney location</i> 902-563-5781
<b>Halifax Refugee Clinic</b>	Legal services for refugee claimants and refugees regarding their claim	902-422-6736 5538 Macara St., Halifax
<b>Immigrant Services Association of NS</b>	Refers immigrants to the appropriate legal services in NS	902-423-3607 or 1-866-431-6472  6960 Mumford Rd., Suite 2120 (2nd floor), Halifax

HALIFAX		
<b>Legal Information Society of Nova Scotia (LISNS)</b>	Legal information ( <i>not advice</i> ) Can refer to community resources, including referrals to lawyers	902-455-3135 or 1-800-665-9779  <b>Hours of Operation:</b> Monday-Friday, 9:30am-4:30 pm (closed 1-2pm)
<b>LISNS Info Line &amp; Lawyer Referral Services</b>	Legal Information ( <i>not advice</i> )	902-455-3135 or toll free 1-800-665-9779
<b>Mi'kmaq Legal Support Network, Halifax</b>	<ul style="list-style-type: none"> <li>• Legal support for Aboriginal people in NS in criminal law</li> <li>• Victim support services</li> </ul>	902-468-0381 902-219-2765  15 Alderney Dr., Suite 3, Dartmouth  <a href="mailto:smooney@mlsn.ca">smooney@mlsn.ca</a>  <a href="http://www.mlsn.ca">www.mlsn.ca</a>
<b>NS Legal Aid</b>	Legal services for economically vulnerable Nova Scotians	<b>Dartmouth Criminal law:</b> 902-420-8815 or 1-877-420-8818 300-99 Wyse Road. Dartmouth  <b>Dartmouth Family law</b> 902-420-7921 or 1-855-420-7921 1210-99 Wyse Rd., Dartmouth  <b>Halifax Adult Criminal law:</b> 902-420-6583 or 1-877-777-6583 400-5475 Spring Garden Road Halifax  <b>Halifax Family law</b> 902-420-3450 or 1-866-420-3450 2830 Agricola Street Halifax  <b>HRM Duty Counsel</b> 902-420-7800 402-5475 Spring Garden Road.  <b>HRM Youth NS Legal Aid (ages 12-17):</b> 902-420-6569 401-5475 Spring Garden Road Halifax

<b>HALIFAX</b>		
<b>St. Paul's Family Resources Institute</b>	Offers assistance with accessing legal and financial services. Makes referrals to appropriate services and service providers.	902-479-1015  173 Old Sambro Road Halifax  <b>Hours of Operation</b> Mon-Fri 8:30am-2:30pm  <a href="mailto:khollery_stpaulsfri@hotmail.com">khollery_stpaulsfri@hotmail.com</a>
<b>Summary Advice Counsel (SAC Lawyer)</b>	<ul style="list-style-type: none"> <li>• Assistance for people who do not have a lawyer and need legal advice on a family law matter regardless of income.</li> <li>• Basic information about legal terms, how to start or respond to a court application, court processes, legal documents, other aspects of family law.</li> <li>• Advice on child custody and access, child and spousal support, property division, divorce, and most other family law matters and court processes.</li> </ul>	<b>Dartmouth</b> 902-420-7921 99 Wyse Road, Suite 1210  <b>Halifax</b> 902-424-5616 3380 Devonshire Ave  902-420-3450 2830 Agricola Street  902-420-7800 5475 Spring Garden Road
<b>Time with a Lawyer</b>	<p>Meet with a social justice lawyer at the Nova Scotia Brotherhood's Mumford Professional Centre office for free legal advice regarding criminal law, family law and other areas of social justice.</p> <p>A free program organized by the Nova Scotia Brotherhood in partnership with Nova Scotia Legal Aid for the African Nova Scotian community.</p>	<p>Available for all African Nova Scotians every Friday from 1:00pm to 4:30pm. Registration required.</p> <p>Please register with Duane Winter at 902-240-6131 OR <a href="mailto:Duane.Winter@nshealth.ca">Duane.Winter@nshealth.ca</a></p>

## **HOUSING INFORMATION – free unless specified otherwise**

<b>HALIFAX</b>		
<b>Dartmouth Housing Help</b>	<p>Responds to at-risk and difficult-to-house individuals who have significant challenges in obtaining and retaining housing stability. Assists with:</p> <ul style="list-style-type: none"> <li>• Housing search</li> <li>• Connecting to other services such as medical, income assistance, legal, social, vocational, etc.</li> <li>• Ongoing, stable support when issues arise in housing</li> <li>• Mediating tenancy issues with existing relations</li> </ul>	902-466-3483  260 Wyse Rd., Suite 101 Dartmouth  <a href="http://www.publicgoodsociety.ca/dartmouth-housing-help">www.publicgoodsociety.ca/dartmouth-housing-help</a>

HALIFAX		
<b>Dartmouth Non-Profit Housing Society</b>	Provides adequate, affordable rental housing to low and medium income individuals and families. Rents charged are based on household income.	Phone: 902-469-0543 Fax: 902-469-2089  53 Ochterloney Street Dartmouth  <b>Hours of Operation:</b> Mon-Fri, 9am-12:30pm and 1pm-4:30pm  <a href="mailto:admin@dartmouthhousing.ca">admin@dartmouthhousing.ca</a> <a href="http://www.dartmouthhousing.ca">www.dartmouthhousing.ca</a>
<b>Halifax Housing Help</b>	The Housing Support Service helps single adults locate and acquire suitable housing placements, and offers follow-up care to help clients maintain housing stability. Rent, power, and other required bills are paid from clients' income, which helps clients to maintain housing stability.	902-225-1516  2444 Brunswick St., Halifax  <b>Hours of Operation</b> Mon-Fri 8am-3pm  <a href="mailto:halifaxhousinghelp@gmail.com">halifaxhousinghelp@gmail.com</a>
<b>Harbour City Homes City of Halifax Non-Profit Housing Society</b>	Offers affordable rental properties including apartments, flats, and homes.	902-490-6277 2444 Barrington St., Halifax  <b>Hours of Operation</b> Mon-Fri 9am-5pm  <a href="mailto:admin@harbourcityhomes.org">admin@harbourcityhomes.org</a> <a href="http://www.harbourcityhomes.org">www.harbourcityhomes.org</a>
<b>Housing Services</b>	Provides people with yearly income of 20,000 or less with small grants or loans to help them obtain affordable housing.	1-800-774-5130  3770 Kempt Rd., Suite 3, Halifax
<b>Housing Support Centre</b>	<ul style="list-style-type: none"> <li>• Assistance finding affordable housing.</li> <li>• Access to information such as housing vacancies, obituaries, community resources and events</li> <li>• Assistance keeping housing (can help maintain, clean and organize apartment)</li> <li>• Assistance maintaining health and well-being.</li> </ul>	02-466-8714 902-423-3829 (eviction-prevention help)  2330 Gottingen Street <a href="https://mnpha.wordpress.com/">https://mnpha.wordpress.com/</a>
<b>Standing in the Gap Faith Tabernacle Church</b>	Provides outreach to those who are experiencing homelessness.	902-455-1523  6225 Summit St., Halifax  <b>Hours of Operation</b> Mon-Fri 9am-5pm  <a href="mailto:office@faithhalifax.org">office@faithhalifax.org</a> <a href="http://www.faiythhalifax.org">www.faiythhalifax.org</a>

HALIFAX		
<b>Tawaak Housing (Aboriginal Housing Support)</b>	<ul style="list-style-type: none"> <li>• Operates and delivers socially assisted rental housing</li> <li>• Provide suitable, adequate and affordable housing to Aboriginal peoples of low to moderate income</li> </ul>	902-455-2900 6175 Lady Hammond Rd., Halifax  <a href="http://www.tawaakhousing.org">www.tawaakhousing.org</a>

## SHELTERS / PLACES TO STAY

— *free unless specified otherwise*

HALIFAX		
<b>Adsum House</b>	Short-term and long-term housing for women, children and transgendered individuals <ul style="list-style-type: none"> <li>• Provides laundry and shower facilities for women and children at risk of homelessness</li> </ul>	902-423-4443  2421 Brunswick St, Halifax  <a href="http://www.adsumforwomen.org">www.adsumforwomen.org</a>
<b>Affirmative House, Affirmative Ventures</b>	Provides a stable, affordable home from which 10 participants recovering from mental illness can build equity and gain independence while working or acquiring an education <ul style="list-style-type: none"> <li>• Offers a Tenant Savings Plan, which helps tenants earn equity for buying a home or returning to school when they move on.</li> </ul>	902-225-2130  139 Main St., Dartmouth  <a href="http://affirmativeventures.ca">affirmativeventures.ca</a>
<b>Alcare Place (Addiction Recovery – Men)</b>	Long-term housing for men recovering from addiction	902-423-8076 ( <i>office</i> ) 902-423-9565 ( <i>emergency</i> )  1374 Robie Street Halifax
<b>Alice House (Dartmouth)</b>	Affordable housing for women fleeing abuse for up to 2 years	902-466-8459  <a href="http://alicehousing.ca">alicehousing.ca</a>
<b>Anchorage Addictions Program, Salvation Army</b>	Six month housing program for men recovering from addiction	902-422-2363 2044 Gottingen St., Halifax
<b>Barry House</b>	Short-term shelter for women and children	902-422-8324  2706 Gottingen St., Halifax  <a href="http://www.shelternovascotia.com">www.shelternovascotia.com</a>
<b>Bryony House (Halifax)</b>	Short-term housing and counselling services for women and children dealing with and trying to escape abuse	902-423-7183 <i>Shelter</i>  902-422-7650 <i>24 Hour Help Line</i>  3358 Connaught Avenue  <a href="http://www.bryonyhouse.ca">www.bryonyhouse.ca</a>

HALIFAX		
<b>Freedom Foundation (Addiction Recovery – Men)</b>	Long-term housing for men recovering from addiction	902-466-0299 <a href="mailto:info@freedomfoundation.ca">info@freedomfoundation.ca</a>
<b>Marguerite Centre (Addiction Recovery – Women)</b>	Long-term housing for women recovering from addiction	902-876-0006  3178 St. Margaret's Bay Rd, Halifax
<b>Metro Turning Point</b>	Provides emergency shelter for up to 80 men men experiencing homelessness Onsite resources include: <ul style="list-style-type: none"> <li>• Shared Care Mental Health: Provides one-on-one mental health support and referral to services.</li> <li>• Income Assistance worker: Provides assistance to people in accessing income assistance.</li> <li>• Supportive Housing Program: Supports for people needing extra help with housing</li> </ul>	902-420-3282  2170 Barrington St., Halifax
<b>Nehiley House</b>	Halfway house for women who have experienced incarceration	902-454-5532  3170 Romans Ave Halifax
<b>Out of the Cold Shelter</b>	Emergency winter shelter for women and men  Open from December 1-April 30	902-580 1479.  St. Matthews Church 1479 Barrington St., Halifax
<b>Salvation Army Centre for Hope</b>	Shelters males 19 years of age and older in emergency or transient situations <ul style="list-style-type: none"> <li>• Sheltering capacity includes 18 dormitory style beds, 10 semi-private beds, and 12 private bed spaces for a total of 40, plus a respite capacity of 5 for minus degree weather and other emergency purposes</li> </ul>	902-422 2363 ext 235  2044 Gottingen St., Halifax
<b>YWCA WISH program and SHYM program</b>	<ul style="list-style-type: none"> <li>• For women 19 and older</li> <li>• Affordable housing and assistance maintaining housing</li> <li>• Extra housing support for single mothers</li> </ul>	902-423-6162 ext 1227 902-465-2212 ( <i>for single mothers program</i> )

## FINANCIAL ASSISTANCE

– free unless specified otherwise

HALIFAX		
<b>Budgeting classes</b>	Bayers Westwood free skills training	902-454-9444  3499 McAlpine Avenue Halifax
<b>Financial Literacy Series</b>	<ul style="list-style-type: none"> <li>• Learn about/develop budgets</li> <li>• Staying away from money frauds/scams</li> <li>• How to avoid debt</li> <li>• Learn about credit/credit cards</li> </ul>	902-225-3466  139 Main Street Dartmouth
<b>Income Assistance General Inquiries (Gov't service)</b>	General inquiries about income assistance	902-424-4150 (Halifax) 902-424-1600 (Dartmouth)
<b>Information Centre – Ward 5</b>	Provides information on housing, taxes, and employment issues.	902-454-0018
<b>Tax Return Help</b>	Mon-Fri 9am-2pm bring T4, T5 forms if possible	902-423-4605  107 Brunswick Street Halifax  <a href="http://brunswickstreetmission.org">brunswickstreetmission.org</a>

## FINDING WORK – free unless specified otherwise

HALIFAX		
<b>Brunswick St., Mission</b>	Interview and resume preparation	902-423-4605  107 Brunswick Street  <b>Hours of Operation</b> Tues & Thurs 9am-2pm  <a href="http://brunswickstreetmission.org">brunswickstreetmission.org</a>
<b>Careers Nova Scotia</b>	Information on career planning, education and training options, job search, and Nova Scotia's labour market	902-424-7503  Maritime Centre, 3rd Floor 1505 Barrington St., Halifax  <b>Hours of Operation</b> Mon-Fri 8:30am-4:30pm  <a href="mailto:careersns@gov.ns.ca">careersns@gov.ns.ca</a> <a href="http://explorecareers.novascotia.ca">explorecareers.novascotia.ca</a>
<b>Dress for Success</b>	<ul style="list-style-type: none"> <li>• Interview/ professional clothing</li> <li>• Help finding and retaining a job</li> <li>• Help coping with issues at work</li> </ul>	902-493-7377 2016 Gottingen St., Halifax <a href="http://halifax.dressforsuccess.org">halifax.dressforsuccess.org</a>

<b>HALIFAX</b>		
<b>Employment Support Services (Gov't service)</b>	Call for general inquiries	Halifax: 902-424-1980 Dartmouth: 902-424-6200
<b>Job Junction, Halifax</b>	Professional development workshops to help with: <ul style="list-style-type: none"> <li>• resumes</li> <li>• cover letters</li> <li>• interview skills</li> <li>• computer skills</li> <li>• social networking skills</li> <li>• Information on available jobs, job fairs professional clothing and haircuts (event, specific dates)</li> <li>• Special workshops for those over 45 years of age returning to work</li> <li>• Free individual case management, skills assessment and help finding job</li> </ul>	902-455-9675  6960 Mumford Rd., Halifax  <a href="http://www.jobjunction.ca">www.jobjunction.ca</a>
<b>Lake City Employment (for people diagnosed with mental health issues), Dartmouth</b>	<ul style="list-style-type: none"> <li>• Help with identifying what you want to do and can do</li> <li>• Access and support education and training</li> <li>• Create resumes and cover letters, and prepare for interviews</li> <li>• Provide job search support and help with locating and contacting employers</li> <li>• Volunteer and training placements</li> <li>• Provide follow along support to maintain your employment</li> <li>• Connect you to community agencies that can provide additional services and supports</li> </ul>	902-465-5000  386 Windmill Road Dartmouth
<b>Opportunity Place Career Resource Centre</b>	<ul style="list-style-type: none"> <li>• Workshops for improving work skills</li> <li>• One on one assessment of good career fit</li> <li>• Assistance finding a job</li> </ul>	902-864-7520  108 Cobequid Rd Suite 100 Dartmouth
<b>TEAM Work</b>	Provides a variety of services for job searchers, including workshops and wage subsidy programs	902-422-8900  501-7051 Bayers Rd., Halifax
<b>Women's Employment Outreach/Women's Employment Services</b>	<ul style="list-style-type: none"> <li>• Individual employment counseling</li> <li>• Career exploration</li> <li>• Job search education and skill development</li> <li>• Skill enhancement</li> <li>• Help with employment maintenance</li> <li>• EI related program application support</li> </ul>	902-422-8023  7051 Bayers Rd., Halifax, Suite 501, Halifax
<b>Women Unlimited Association</b>	Helps unemployed and underemployed women explore, prepare for, obtain and maintain employment in the trades and technology fields.	902-491-2008  NSCC Akerley Campus 21 Woodlawn Rd., Dartmouth  <b>Hours of Operation</b> Mon-Fri 9am-3pm  <a href="mailto:shelley.wallace@nsc.ca">shelley.wallace@nsc.ca</a> <a href="http://www.womenunlimitedns.ca">www.womenunlimitedns.ca</a>

<b>HALIFAX</b>		
<b>YMCA Employment Centre, Cole Harbour</b>	Provides one-on-one support, job development, career counselling, and employment workshops	902-462-6871  5 Cumberland Drive (Cumberland Plaza) Cole Harbour, Dartmouth
<b>YMCA Employment Centre, Dartmouth</b>	Provides one-on-one support, job development, career counselling, and employment workshops	902-461-2513 14-118 Wyse Rd., Dartmouth
<b>YMCA Employment Centre, Dartmouth</b>	Provides one-on-one support, job development, career counselling, and employment workshops	902-466-7649  35 Wilfred Jackson Way, Dartmouth
<b>YMCA Employment Centre, Eastern Passage</b>	Provides one-on-one support, job development, career counselling, and employment workshops	902-461-8260  1515 Main Road Eastern Passage
<b>YMCA Employment Centre, Halifax</b>	Provides one-on-one support, job development, career counselling, and employment workshops	902-425-3464  2269 Gottingen Street Halifax
<b>YMCA Employment Centre, Musquodoboit</b>	Provides one-on-one support, job development, career counselling, and employment workshops	902-384-2390  12335 Highway 224, Musquodoboit
<b>YMCA Employment Centre, North Preston</b>	Provides one-on-one support, job development, career counselling, and employment workshops	902-461-2513  North Recreation Centre 44 Simmonds Road North Preston
<b>YMCA Employment Centre, Porters Lake</b>	Provides one-on-one support, job development, career counselling, and employment workshops	902-827-5110  5228 Highway 7 Porters Lake
<b>YMCA Employment Centre, Sheet Harbour</b>	Provides one-on-one support, job development, career counselling, and employment workshops	902-885-2810  22756 Highway # 7 Sheet Harbour
<b>YMCA Employment Workshops</b>	Career preparation Basic computer skills Employment readiness Job search techniques Advice on resumes & cover letters	902-461-4622  118 Wyse Rd., Suite 14 Dartmouth

## EDUCATION SUPPORT – *free unless specified otherwise*

HALIFAX		
<b>Bedford-Sackville Learning Network</b>	Programs include: <ul style="list-style-type: none"> <li>• One-on-one tutoring</li> <li>• Pre-GED prep courses</li> <li>• GED prep courses</li> </ul>	902-869-3838  Carpenter Millwright Trades College 1000 Sackville Dr., Lower Sackville  <a href="mailto:bsln@chebucto.ns.ca">bsln@chebucto.ns.ca</a>  <a href="http://www.chebucto.ns.ca/Education/BSLN">www.chebucto.ns.ca/Education/BSLN</a>
<b>Black Educators Association</b>	Programs include: <ul style="list-style-type: none"> <li>• Reading Classes</li> <li>• Writing Classes</li> <li>• Math Classes</li> <li>• Social Studies Classes</li> <li>• Science Classes</li> <li>• African-Canadian Studies</li> <li>• Life-Skills</li> <li>• Introduction to Computers</li> <li>• Pre-GED Instruction</li> <li>• Individual Assessment of your Strengths</li> </ul>	902-424-7036  2136 Gottingen St., Halifax  <a href="mailto:info@theblackeducators.ca">info@theblackeducators.ca</a> <a href="http://bea-ns.ca/index.html">bea-ns.ca/index.html</a>
<b>Dartmouth Learning Network</b>	Programs include: <ul style="list-style-type: none"> <li>• GED prep courses</li> <li>• Adult Learning Program Levels 1 and 2</li> <li>• Gambling Harm Awareness</li> <li>• Computer Basics</li> <li>• Employment Readiness</li> <li>• Family Literacy</li> </ul>	902-463-9179  73 Tacoma Dr., Suite 802 Dartmouth  <a href="mailto:executivedirector@dartmouthlearning.net">executivedirector@dartmouthlearning.net</a>  <a href="http://dartmouthlearning.net">dartmouthlearning.net</a>
<b>Deaf Literacy Nova Scotia Association</b>	Programs include: One-on-one tutoring Various levels of the Adult Learning Program (uses ASL/MSL as the form of instruction)	902 422-7130 (voice)  1888 Brunswick Street Suite 805, Halifax  <a href="mailto:dlns@ns.sympatico.ca">dlns@ns.sympatico.ca</a>  <a href="http://www.dlns.ca">www.dlns.ca</a>
<b>Eastern Shore Musquodoboit Valley Literacy Network</b>	Programs include: one to one tutoring, GED prep courses, workshops for employability and skill building, computer classes, fun family literacy programs	902-223-3565  154 Tattio Lane, Sheet Harbour  <a href="mailto:esmvliteracy@gmail.com">esmvliteracy@gmail.com</a>  <a href="http://www.facebook.com/esmvln/">www.facebook.com/esmvln/</a>

## HALIFAX

<b>East Preston Empowerment Academy</b>	<ul style="list-style-type: none"> <li>• Adult learning</li> <li>• Math tutoring</li> <li>• High school GED program</li> <li>• Red Seal training and examination</li> </ul>	1018 Main St., Dartmouth, NS B2W 4X9 <a href="mailto:admin@epeacademy.com">admin@epeacademy.com</a> 902- 434-2255 <a href="http://www.epeacademy.com">www.epeacademy.com</a>
<b>Halifax Community Learning Network</b>	Offers free one to one tutoring and GED prep courses for adult learners at the following locations: Captain William Spry Library Halifax North Library Keshen Goodman Library Central Library	902-422-7648  2151 Gottingen Street Halifax  <a href="mailto:director@hcln.ca">director@hcln.ca</a> <a href="http://www.hcln.ca">www.hcln.ca</a>
<b>MetroWorks</b>	Programs include: Adult Learning Programs Levels 1, 2, & 3 GED prep courses	902-453-2982, ext 105  7071 Bayers Rd., Suite LL05 Halifax  <a href="mailto:drideout@mymetroworks.ca">drideout@mymetroworks.ca</a> <a href="http://www.mymetroworks.ca">www.mymetroworks.ca</a>
<b>Mi'kmaq Native Friendship Centre</b>	Programs include: Adult Learning Programs Levels 1, 2, & 3 Mi'kmaw Language Program	902-420-1576 2158 Gottingen St., Halifax  <a href="mailto:yetiwrk@hotmail.com">yetiwrk@hotmail.com</a>  <a href="http://www.mymnfc.com">www.mymnfc.com</a>
<b>Preston Area Learning Skills Society (PALS)</b>	Programs include: <ul style="list-style-type: none"> <li>• Adult Learning Programs Levels 1, 2, &amp; 3</li> <li>• Personal Financial Fitness</li> </ul>	902-462-6042 979 North Preston Rd., Suite 124, North Preston <a href="mailto:1987pals@gmail.com">1987pals@gmail.com</a>
<b>Solutions Learning Centre</b>	Programs include: <ul style="list-style-type: none"> <li>• Work Activity program (30 week employment readiness)</li> <li>• GED prep course</li> </ul>	902-464-1638 15 Poseidon Court, Dartmouth  <a href="mailto:kgilmore@sollc.ca">kgilmore@sollc.ca</a> <a href="http://sollc.ca">sollc.ca</a>
<b>Western HRM Community Learning Network</b>	Programs include: <ul style="list-style-type: none"> <li>• Adult Learning Programs (various levels)</li> </ul>	902-225-6320  7451 St Margaret's Bay Rd., Boutilliers Point  <a href="mailto:debrickratcliffe@gmail.com">debrickratcliffe@gmail.com</a>

## SUPPORTIVE PEOPLE IN THE COMMUNITY – HRM

<b>Halifax Community Chaplain Society – Reverend Rob Elford</b>	Call for general support, referral to other community resources	902-292-7995 <a href="mailto:halifaxcommunitychaplain@gmail.com">halifaxcommunitychaplain@gmail.com</a>
<b>Sisters of Charity – Sister Joan O’Keefe</b>	Can supportively direct to community resources	1-844-406-8114 215 Seton Road

## EMPLOYERS WHO DO NOT REQUIRE A CRIMINAL RECORD CHECK

EMPLOYER	SPECIFIC LOCATION	CRC REQ'D?	REQUIREMENTS / CONSIDERATIONS	PHONE / EMAIL
<b>Darrell's Restaurant</b>	5576 Fenwick St., Hfx	No	Do not require a check. A criminal record would not necessarily prevent them from being hired but they would have questions about the charges.	902-492-2349
<b>The Italian Market</b>	6061 Young St., Hfx	No		902-455-6124
<b>Trinity Maintenance Solutions</b>	102 Macgregor Av, Stellarton	No		902-396-4333
<b>Canada's Best Merchandising Services</b>	501 Rowntree Rd, Unit 5	No	Stated they may question the record. Do not conduct a criminal record check. But would have a problem with past convictions involving violence, interpersonal issues, and theft.	902-264-0917
<b>Reliable Fuels</b>	1381 Beaver Bank Rd., Beaver Bank	No		902-864-2061
<b>Delta Halifax</b>	1990 Barrington St., Hfx	No	Require disclosure of convictions for which a pardon has not been granted. Do not require a criminal record check for maintenance positions but do require disclosure of convictions for which a pardon has not been granted. Would depend on conviction with theft being a problem	902-425-6700
<b>Wendy's</b>	3580 Kempt Rd., Hfx	No	Encourage employee to bring fourth information during interview. Do not require a criminal record check.	902-455-6065
<b>Linen Chest</b>	187 Chain Lake Dr., Bayers Lake	No		902-876-0102
<b>Tim Hortons</b>	171 Herring Cove Rd, Hfx	No		902-475-3165
<b>Leon's Warehouse</b>	140 Akerley Boulevard, Dartmouth	No	Do not require a criminal record check	902-468-5201

EMPLOYER	SPECIFIC LOCATION	CRC REQ'D?	REQUIREMENTS / CONSIDERATIONS	PHONE / EMAIL
<b>The Mongolie Grill</b>	1645 Granville St., Halifax	No		902-406-4004
<b>Good Air Ventilation Systems Inc.</b>	5571 Cunard St., Hfx	No	Do not require a criminal record check	902-406-4822
<b>Alpha Safety Management Inc.</b>	1220 Sackville Drive Sackville	No		902-830-6824
<b>Coastal Inn Dartmouth</b>	379 Windmill Rd, Dartmouth	No		1-800-565-1565
<b>Floors Plus Commercial – Dartmouth, NS</b> <i>(Warehouse Person)</i>	Sterns Court, Dartmouth, NS B3B 1W7	No	Do not require a criminal record check.	902-468-3111 <i>(Pat Gibson)</i>
<b>Floors Plus</b>		No	Do not typically do checks. Would be open to hiring someone with a record but would depend on the circumstance (job and offence, would definitely not want to hire some convicted of sex offences against children or murder.	902-468-3111
<b>Lambie Construction</b>	295 Lacewood Drive Halifax	No	Do not require a criminal record check.	902-292-5245
<b>Dalhousie University</b> <i>(Facilities Management)</i>		No	Do not require criminal record checks for jobs in facilities management with the exception of security jobs.	902-494-2211 <a href="mailto:careers@dal.ca">careers@dal.ca</a>
<b>NSCC</b>	5685 Leeds St., Halifax	No	Have hired people with criminal records in the past. The application is done through Career Beacon and there is a question regarding having previous criminal convictions. Will check references	1-866-679-6722
<b>Property Works Landscaping</b> <i>(Foreman/ woman, grounds keeping)</i>	Fall River, NS	No	Do not require a criminal record check. As long they are honest it's fine unless it's anything to do with children and/or sexual assault. Okay with petty theft.	902 483-3655 <a href="mailto:propertyworks@eastlink.ca">propertyworks@eastlink.ca</a>
<b>Fastenal</b> <i>(Industrial supplies salesperson)</i>	41 Raddall Ave, Dartmouth	No	Do not require a criminal record check. Are okay with hiring someone with a criminal record. Said they don't discriminate.	902-468-9341

EMPLOYER	SPECIFIC LOCATION	CRC REQ'D?	REQUIREMENTS / CONSIDERATIONS	PHONE / EMAIL
<b>Kent</b>	225 Chain Lake Dr., Bayers Lake, Halifax	No	Dependant on position. If previously convicted of cash theft they would not put employee in cash handling position* Do not require a criminal record check. Do ask on application whether they have been convicted of an offence for which a pardon hasn't been granted. Criminal record does not factor in to whether they are employed, may be relevant depending on which position they are applying for (ex. convicted of robbery, couldn't work on cash).	902-450-2000
<b>Newman Electric</b>	40 Gloster Ct, Dartmouth	No		902-453-1616
<b>Atlantic Digital Reproductions Inc.</b>	77 Burbridge Ave, Dartmouth	No	Will not hire employee with theft conviction	902-423-4466
<b>Carmichael Engineering Ltd.</b>	10 Morris Drive Dartmouth	No	Do not require a criminal check unless requested by specific customer.	902-468-9837
<b>Alscott Air Systems Ltd.</b>	120 Joseph Zatzman Drive Dartmouth	No	Dependant on conviction / position. Do not require a check. Hiring would depend on the conviction and position.	902-468-7080
<b>Canadian Tire</b>	6203 Quinpool Rd, Halifax	No		902-422-4922
<b>Maritime Demolition</b>	46 Fielding Av, Dartmouth	No	No record check but expect to be told about convictions. Depends on the job.	902-468-1263
<b>Canadian Linen</b>	41 Thornhill Dr., Dartmouth	No	Do not require a check. Fine with hiring something with a record, depends on the job.	902-468-7520
<b>Atlantic Pro Painting</b>	42 Wexford Rd, Dartmouth	No	No check required. Depends on convictions.	Metro Area: 902-452-4954 <a href="mailto:info@atlanticpropainting.ca">info@atlanticpropainting.ca</a>
<b>Sobeys</b>	287 Lacewood Dr., Halifax	No		902-457-2102
<b>CTS Container &amp; Trailer Services Ltd.</b>	33 Macdonald Ave, Dartmouth	No	Conduct drug tests	902-468-1960
<b>Curtis Agencies</b>	67 Crane Lake Dr., Halifax	No	Dependant on conviction / position	902-453-4030
<b>Eastern Traffic Services</b>	927 Rocky Lake Drive Bedford	No		902-835-3381

EMPLOYER	SPECIFIC LOCATION	CRC REQ'D?	REQUIREMENTS / CONSIDERATIONS	PHONE / EMAIL
<b>Canadian Tire</b>	30 Lamont Terrace, Dartmouth	No		902-434-2823
<b>Metro Gutter</b>	610 Wright Ave, Dartmouth	No	Would inquire about theft conviction	902-468-5125
<b>Henry's Dartmouth</b>	51 Gale Terrace, Unit 1J Dartmouth Crossing Dartmouth	No	Do not conduct checks but reserve the right to do them if they choose (in contract signed once hired) May randomly conduct after hired	1-800-461-7960 (Head office)  902-481-2213
<b>G&amp;K Services</b>	33 Lakeside Park Drive #1, Lakeside	Yes	Yes for route jobs. (Jeff Lydel for more info), No for production	902-455-9748 (Laura Byers)
<b>Sobeys</b>	38 George St., New Glasgow	No		902-755-9777
<b>Blue Ocean Contact Centers</b>	7051 Bayers Road. Suite 400, Halifax	Yes	Do require a criminal record check but will hire people with a criminal record. Case by case basis, worth applying. Dependant on conviction / position	902-722-3300
<b>Couche-tard/ Circle K</b>	2499 Robie St., Halifax	Yes	Dependant on conviction / position	902-492-4711
<b>Goodlife Fitness</b>	1903 Barrington St., Halifax	No		902-492-9289
<b>Pete's Frootique</b>	1595 Bedford Hwy, Bedford  1515 Dresden Row, Halifax	No	Pete's does not conduct a CRC	Bed: 902-835-4997 Hfx: 902-425-5700
<b>Green Diamond Equipment Ltd.</b>	270 Horseshoe Lake Drive Halifax	Yes	Dependant on conviction(exclusive of firearms or violence) / position	902-450-0712
<b>Barracuda Heating</b>	152 Holland Rd, Fletchers Lake	Yes	Dependant on conviction / position	902-576-3020
<b>Maritime Remediation Limited</b>	37 Crane Lake Drive Halifax		Dependant on conviction / position	902-876-7776
<b>PartSource Dartmouth</b>	201 Wyse Rd., Dartmouth	Yes	Do require a criminal record check. Division of Canadian Tire. Checks done by head office. Depends on convictions.	902-463-0460
<b>PartSource Halifax</b>	3600 Strawberry Hill St., Halifax	Yes	Do require a criminal record check. Division of Canadian Tire. Checks done by head office. Depends on convictions.	902-453-0053
<b>Midland Transport Limited</b>	31 Simmonds Dr., Dartmouth, NS B3B 1R4	Yes	Driver/Courier: Require clean driver's abstract. Require record check.	902-494-5555

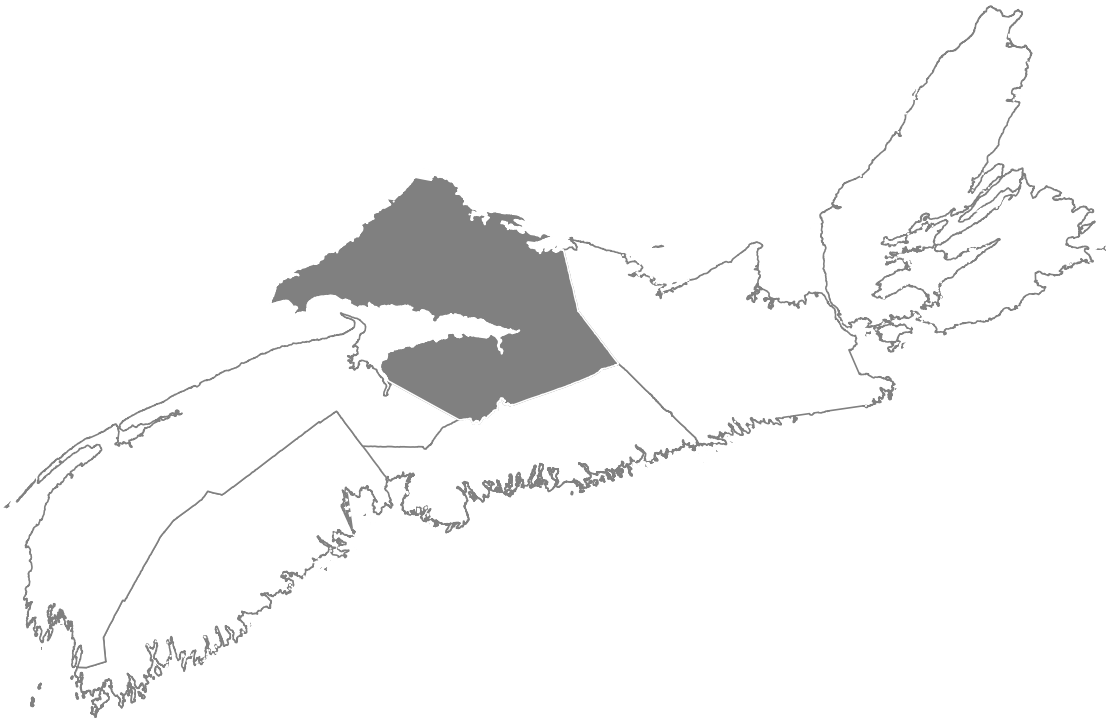
EMPLOYER	SPECIFIC LOCATION	CRC REQ'D?	REQUIREMENTS / CONSIDERATIONS	PHONE / EMAIL
<b>Dartmouth Sportsplex</b> (Janitorial and Event Staff Positions)	110 Wyse Rd., Dartmouth	Yes	Do require a criminal record check and child abuse registry check. Depends on convictions.	902-464-2600
<b>Seaboard Transport Dartmouth</b> (Dispatch)	721 Wilkinson Ave, Dartmouth	Yes	Do REQUIRE FOR DRIVERS ONLY	Phone: 1-902-468-4447 ext 1800 <a href="mailto:kparker@seaboard.acl.ca">kparker@seaboard.acl.ca</a>
<b>Dura-Tech Industrial &amp; Marine Limited</b> (Fibreglass laminator)	206 Ross Rd., Westphal	Yes	Do require a check. Employees must obtain Canadian clearance through Ottawa and Nato clearance. Controlled goods program. Would consider hiring someone with a record, would depend on the offence.	902-462-8265
<b>PCL Constructors Canada Inc.</b> (Construction Jobs)	Halifax, Buildings & Civil Construction 111 Ilsley Avenue Ste 300 Dartmouth	No	Do not require. May be required for certain jobs for certain government agencies (Defense Canada). It would depend on the offence whether or not they would be hired.	902-481-8500
<b>Progressive Cabinets &amp; Millwork Ltd</b>	7 Moore Rd., Burnside Dartmouth	No	Do not require check for plant/ labor related jobs. Would require for the office.	902-481-0059
<b>Canadian Tire Lower Sackville</b>	796 Sackville Dr. Lwr. Sackville	Yes	Do require a criminal check for certain positions (ex. Cashiers who do the deposits). Theft would be an issue but other prior offences (ex. violence, drugs) that have nothing to do with the job may be acceptable. Have hired people with criminal records.	902-864-3152
<b>Surplus Furniture Mattress Warehouse</b>	21 Akerley Blvd, Darmouth	Yes	Dependant on conviction / position	902-481-9105
<b>Big Eric Inc.</b>	171 John Savage Ave, Darmouth	Yes	Dependant on conviction / position	902-454-9384
<b>ADP</b>	130 Eileen Stubbs Av, Dartmouth	Yes	Dependant on conviction / position	1-800-668-8441
<b>Hefler Forest Products</b>	230 Lucasville Rd., Middle Sackville, NS B4B 1S1	No	Do not criminal record check for employees. Does not discriminate, convictions will determine which role they are placed in. Hires lots of people with criminal records.	902-865-1158
<b>Minacs</b>	--	Yes	Do require a criminal record check. Will only accept DUI convictions.	428-9936 Darlene

EMPLOYER	SPECIFIC LOCATION	CRC REQ'D?	REQUIREMENTS / CONSIDERATIONS	PHONE / EMAIL
<b>DSC Safety Services</b>	---		Depends on position. Vulnerable sector check for all employees. Will hire those with a record, unsure if they require a record check.	902-404-5427
<b>Graybar Canada Halifax</b> (Warehouse Support)	3600 Joseph Howe Drive	Yes	Do require a check. Depends on conviction and position.	902-457-8700 (Branch Manager)  kgrasby@graybarcanada.com
<b>Abell Pest Control</b>	48 Trident Cres. Dartmouth	Yes	Require clean driving and criminal record	1-888-560-2056
<b>Farnell Packaging</b>	30 Ilsley Av, Dartmouth, NS B3B 1L3,	Yes		902-468-9378
<b>Pat McCarthy Renovations</b>	13 Ashdale Ave, Halifax	No	Do not require a check but would have a problem with any type of criminal record if they became aware of it	902-406-3368
<b>Park Place Hotel and Conference Centre (Ramada)</b>	240 Bronlow Av. Dartmouth, Nova Scotia, B3B 1X6		Would depend on position but says they have not hired people with a record in the past	902-468-8888
<b>Air Sys Engineering Ltd.</b>	10 Akerley Boulevard, Suite 4, Dartmouth	No	Do Not Require a Check (Still want disclosure of record/Depends on Conviction and circumstance)	902-468-7618
<b>Reliable Fuels</b> (Fuel Oil Truck Driver)	1381 Beaver Bank Rd., Beaver Bank		Do not require a criminal record check	902-864-0539
<b>Alpha Safety Management Inc.</b>	1220 Sackville Drive Sackville	No	Do not require record check. No problem with employees having a record.	902-830-6824
<b>Coastal Inn Dartmouth</b>	379 Windmill Rd., Dartmouth, NS	No	Do not require a criminal record check	1-800-565-1565
<b>S and S Construction Ltd</b> (Framing Carpenter)	---	No	Do not require a criminal record check.	902-488-9661
<b>Newman Electric</b>	40 Gloster Crescent Dartmouth	No	Do not require a criminal record check. Hiring would depend on multiple factors, not just a criminal record.	902-453-1616
<b>Atlantic Digital Reproductions Inc.</b>	77 Burbridge Ave, Dartmouth	No	Do not require a criminal record check. Would not want to hire someone convicted of theft.	902-423-4466

EMPLOYER	SPECIFIC LOCATION	CRC REQ'D?	REQUIREMENTS / CONSIDERATIONS	PHONE / EMAIL
<b>Sobeys Lacewood Drive</b>	287 Lacewood Drive Halifax	No	Do not require a criminal record check	902-457-2102
<b>CTS Container &amp; Trailer Services Ltd., Dartmouth, NS</b>	33 Macdonald Ave, Dartmouth	No	Do not require a record check. Do conduct drug tests.	902-468-1960
<b>Bartel Fine Home Building Inc.</b>	Halifax, Nova Scotia	No	No check required. Depends on circumstance.	902-497-6117
<b>Casey Metro (Admin)</b>	89 Mann St, Bedford, NS B4A 2W4	Yes	Required for truck drivers but not for other positions.	902-835-4823 (Maria)
<b>Canadian Tire Dartmouth</b>	30 Lamont Terrace, Dartmouth	No	No check required except for an office position (record and credit check)	
<b>Metro Gutter</b>	Mail : 610 Wright Ave., Suite 300	No	Do not require a criminal record check. No problem hiring someone with a record and will not ask about it. May be concerned about a theft conviction.	902-468-5125 <a href="mailto:admin@metrogutter.ca">admin@metrogutter.ca</a>
<b>Karen's Recycling</b>	807 Main St., Westphal, NS B2W 3W7	No	No check required.	902-435-7811
<b>Kempt Screen Golf</b>	3199 Connaught Ave., Halifax, B3L3A9		Depends on the circumstance, worth applying	902-292-0077 <a href="mailto:sywkempt@gmail.com">sywkempt@gmail.com</a>
<b>Green Diamond Equipment Ltd</b>	270 Horseshoe Lake Dr., Halifax	Yes	Do require a criminal record. Would still consider applicants with a record depending on convictions. Would not consider convictions involving firearms or violent crime.	902-450-0712 (Ask for Bryson)
<b>Hercules SLR Group of Companies</b>	520 Windmill Road		Do require a criminal record check.	HR: 902-482-3125 (Stu Palliser) <a href="mailto:spalliser@herculelesslr.com">spalliser@herculelesslr.com</a>
<b>Petsmart Bedford</b>	181 Damascus Rd, Bedford	Yes	Do require a criminal record check.	902-466-6461
<b>Coast Assembly and Installations</b>	6656 Chisholm Ave., Halifax	Yes	Do require a check. Wouldn't hire for assault or theft convictions.	902-329-3224 <a href="mailto:eastcoastassembly@outlook.com">eastcoastassembly@outlook.com</a>

EMPLOYER	SPECIFIC LOCATION	CRC REQ'D?	REQUIREMENTS / CONSIDERATIONS	PHONE / EMAIL
<b>Claddagh Cleaners Ltd.</b> <i>(Drycleaners)</i> <b>Don Schelew locations and partner locations</b>	3540 Kempt Rd., Halifax	Yes	Do require a criminal record check. <i>(No other details provided.)</i>	902-453-5558
<b>Eastern Traffic Services</b>	927 Rocky Lake Drive Bedford		Depends on position. No check for traffic control. Would conduct for driving positions and also require a driver's abstract. Depends on conviction.	902-835-5272

# **COLCHESTER - EAST HANTS - CUMBERLAND**



## COMMUNITY SUPPORTS AND CHILD CARE CENTRES

– free unless specified otherwise

COLCHESTER – EAST HANTS – CUMBERLAND		
<b>Central Nova Women's Resource</b>	<ul style="list-style-type: none"> <li>• Crisis and follow up support</li> <li>• Friendly listening, individual advocacy, accompaniment and referral services for the Colchester area</li> <li>• Computer technology support</li> <li>• Community development programs</li> <li>• Seasonal clothing (Jackie's Closet)</li> </ul>	902-895-4295  67 Dominion St., Truro  <b>Hours of Operation</b> Monday-Friday, 8:30am-4:30pm <i>Closed for lunch 12pm-1pm</i>
<b>Colchester Transportation Cooperative</b>	Provides affordable, accessible transportation on a pre-booked basis. Designed for transport to work or school on a regular schedule. Must book a minimum of 24 hours in advance.	902-896-7433 14 Court St., Suite 207 Truro  <b>Hours of Operation</b> <i>Dispatch</i> Mon-Fri 8:30am-3pm <i>Bus</i> Mon-Fri 7am-5pm  <a href="mailto:ctcl@bellaliant.com">ctcl@bellaliant.com</a>  <a href="http://ctcl.ruralrides.ca">ctcl.ruralrides.ca</a>
<b>Credit Counselling Services of Atlantic Canada</b>	Services include budgeting, debt and money management counselling.	902-895-0334  Bank of Montreal Building 35 Commercial Stree Suite 312, Truro  <b>Hours of Operation</b> Mon-Thurs 8am-8pm Fri 8am-5pm Sat 9am-1pm  <a href="mailto:csinfo@solveyourdebts.com">csinfo@solveyourdebts.com</a> <a href="http://www.solveyourdebts.com">www.solveyourdebts.com</a>
<b>East Hants Family Resource Centre</b>	<ul style="list-style-type: none"> <li>• Prenatal and breastfeeding support groups</li> <li>• Weekly playgroups</li> <li>• Clothing depot</li> <li>• Reference library</li> <li>• Family literacy groups</li> </ul>	902-883-4349 Rm 104, 224 Hwy 214 Elmsdale
<b>Maggie's Place</b>	<ul style="list-style-type: none"> <li>• Parent and child playgroups</li> <li>• Parenting programs</li> <li>• Youth and child programs, babysitting courses, cooking classes</li> <li>• Prenatal/postpartum support</li> <li>• Breastfeeding support</li> <li>• Food skills programs for families</li> </ul>	902-895-0200 <i>(General questions)</i>  902-986-1119 <i>(Nicole Hurley)</i>  1027 Prince St., Truro

COLCHESTER – EAST HANTS – CUMBERLAND		
<b>Native Council of NS – Child Help Initiative Program (CHIP)</b>	<ul style="list-style-type: none"> <li>• Prenatal support</li> <li>• Nutrition information</li> <li>• Cultural, spiritual support</li> <li>• Recreational facilities for families</li> <li>• Parent support groups</li> <li>• Toy lending, craft supplies, library services</li> </ul> <i>*Specifically, for Aboriginal Families living off reserve, with children 6 or younger</i>	902-895-1738 1-800-565-4372 (toll free) 129 Truro Heights Rd, Truro
<b>Native Council of NS</b>	<ul style="list-style-type: none"> <li>• Student services education</li> <li>• Native social counselling support</li> <li>• E'pit Nuji Ilmuet program</li> <li>• Mi'kmaq language program</li> <li>• Employment training</li> </ul>	902-895-1523 (General questions) 129 Truro Heights Rd, Truro

## FOOD BANKS / SOUP KITCHENS / CLOTHING / FURNITURE

– free unless specified otherwise

COLCHESTER – EAST HANTS – CUMBERLAND		
<b>Amherst Food Assistance Network</b>	Provides emergency food support Typically provides enough food for three to five days <i>*Clients can access the food bank once a month</i> <i>*Must live within 10 km of Amherst</i>	902-661-0677 5 King St., Truro  <b>Hours of Operation:</b> Open three days a week, call for times
<b>Central Nova Women's Resource</b>	Seasonal clothing (Jackie's Closet)	902-895-4295 67 Dominion St., Truro  <b>Hours of Operation</b> Monday-Friday, 8:30am-4:30pm Closed for lunch 12-1pm
<b>Colchester Food Bank</b>	<ul style="list-style-type: none"> <li>• Provides emergency food support</li> <li>• Typically provides enough food for three to five days</li> <li>• Clients can access the food bank once a month</li> </ul>	902-893-4566 46 Forrester St., Truro  <b>Hours of Operation</b> Mon, Wed, Fri, 1pm-4:30pm
<b>Connection Church Baby Supplies</b>	Provides families in need with baby supplies.	902-893-9521 38 Pleasant St., Truro  <b>Hours of Operation</b> First Sat 10am-11:30am  <a href="mailto:connect@connectionchurchtruro.com">connect@connectionchurchtruro.com</a> <a href="http://www.connectiontruro.com">www.connectiontruro.com</a>
<b>Feed Nova Scotia Helpline</b>	The main line will connect you with closest food bank	1-877-521-1188 (toll free) <a href="http://feednovascotia.ca">feednovascotia.ca</a>

COLCHESTER – EAST HANTS – CUMBERLAND		
<b>Hants North Community Food Bank</b>	Provides emergency food support Typically provides enough food for three to five days <i>*Clients can access the food bank once a month</i>	902-362-2808  6 Barr Settlement Rd., East Gore  <b>Hours of Operation:</b> Open one day a week, call for times
<b>Indian Brook Food Bank</b>	Provides emergency food support Typically provides enough food for three to five days <i>*Clients can access the food bank every two weeks</i>	902-758-2049 or Sipekne'katik Main Office, 902-758-2049 185 Sesame St., Shubenacadie  <b>Hours of Operation</b> (Only July and August) Monday, 1pm-2:30pm (Bread pickup) Friday, 12noon-3pm
<b>Pugwash and Area Food Bank</b>	<ul style="list-style-type: none"> <li>• Provides emergency food support to those in need.</li> <li>• Normally provides three to five days of food.</li> <li>• Accepts food donations.</li> </ul>	902-664-8691 260 Church St., Pugwash  <b>Hours of Operation</b> Wed 1pm – 3pm  <a href="mailto:d.pal@seasidehighspeed.com">d.pal@seasidehighspeed.com</a>
<b>Salvation Army Family Services (Truro)</b>	Provides emergency food support Typically provides enough food for three to five days <i>*Note clients can access the program once every 90 days</i> <i>*You will be asked to bring income statements, proof of address and identification for each member of household</i>	902-893-3042 14 Outram St., Truro  <b>Hours of Operation</b> By Appointment, please call on Mondays to make an appointment for that week
<b>Shumilacke Food Bank Society</b>	Provides emergency food support Typically provides enough food for three to five days <i>*clients can access the food bank once a month</i>	902-758-1701 5 Mill Village Rd., Shubenacadie  <b>Hours of Operation</b> Friday: 1pm-3:30pm

## RESOURCES FOR YOUTH

(UPPER AGE LIMITS VARY FROM 19-30) – free unless specified otherwise

COLCHESTER – EAST HANTS – CUMBERLAND		
<b>Northern Healthy Connections Society Youth Group</b>	Offers an educational youth group with learning modules such as: <ul style="list-style-type: none"> <li>• Addictions</li> <li>• HIV/AIDS</li> <li>• Self-esteem</li> </ul>	902-985-0931 1-866-940-2437 ( <i>toll free</i> )  33 Pleasant St., Truro
<b>Slate Youth Centre</b>	<ul style="list-style-type: none"> <li>• Provides a drop-in centre for youth that offers a variety of programs and activities</li> <li>• Drop-ins are held during the week for two age groups: Ages 10-12 years and ages 13-18 years</li> </ul>	902-893-3991  883 Prince St., Truro  <a href="mailto:info@slateyouth.ca">info@slateyouth.ca</a>

## MENTAL, SEXUAL AND PHYSICAL HEALTH

– free unless specified otherwise

COLCHESTER – EAST HANTS – CUMBERLAND		
<b>Alcoholics Anonymous (AA), Amherst, Springhill &amp; Oxford Area</b>	Community support groups for those coping with alcohol addiction	902-447-3457  <a href="mailto:district5@area82aa.org">district5@area82aa.org</a>
<b>Alcoholics Anonymous (AA), Great Village, Shubenacadie, Tatamagouche, Bible Hill &amp; Truro Area</b>	<i>See above</i>	902-956-3737 902-668-2328  <a href="mailto:district6@area82aa.org">district6@area82aa.org</a>
<b>Archway Counseling Association</b>	Counselling for adults, youth, children, individuals, couples and families	902-893-3991  883 Prince St., Truro
<b>Bridges Institute, Domestic Violence Counselling</b>	Offers individual, group, couple and family counselling to help people move away from abuse and toward respectful relationships.	902-897-6665  670 Prince St., Unit 2, Truro  <a href="mailto:bridges@bridgesinstitute.org">bridges@bridgesinstitute.org</a> <a href="http://www.bridgesinstitute.org/">www.bridgesinstitute.org/</a>
<b>Canadian Mental Health Association, Colchester – East Hants Branch</b>	<ul style="list-style-type: none"> <li>• Education and advocacy resource centre</li> <li>• Offers, supportive housing</li> <li>• Social and recreational support</li> <li>• Supportive employment and peer-led support groups</li> <li>• Mental health recovery support groups</li> <li>• Youth outreach programs</li> <li>• Mental health in the work place assistance</li> </ul>	902-895-4211  574 Prince St., Truro  <a href="mailto:cmha.ceh11@gmail.com">cmha.ceh11@gmail.com</a>  <b>Hours of Operation</b> Mon, Tues, Thurs: 9am-5pm Wed: 1-5pm

## COLCHESTER – EAST HANTS – CUMBERLAND

<b>Caregiver Support Group – Amherst</b>	Support for anyone caring for a family member or friend who has a physical or mental health condition, is chronically ill, frail, or elderly. Caregivers may care for their care recipient at home or visit them in a facility. Group meetings.	Meetings: 1st Wednesday of every month from 1:30–3:30pm at Christ Church Parish Hall 5 Lawrence St., Amherst (elevator at back entrance, lower level)  Contact Cindy Smith at 902-324-2273  <a href="https://caregiversns.org/how-we-help/peer-support-groups/northern-and-eastern-mainland-support/">https://caregiversns.org/how-we-help/peer-support-groups/northern-and-eastern-mainland-support/</a>
<b>Colchester Sexual Assault Centre</b>	<ul style="list-style-type: none"> <li>• Trauma-informed counselling and support for survivors of sexualized assault and abuse</li> <li>• Support and information for family, friends of sexualized assault and abuse</li> <li>• Information and referral</li> <li>• Educational groups, workshops and presentations</li> <li>• A safe place for</li> <li>• Short term supportive and crisis counselling for LGBTQ</li> <li>• Resource information on various issues, sexuality, relationships, sexual orientation and Stl's</li> </ul>	902-897-4366  80 Glenwood Dr., Truro  <b>Hours of Operation</b> Monday-Thursday, 9:30am-4:30pm
<b>Colchester East Hants Community Hospice Society</b>	<ul style="list-style-type: none"> <li>• Grief support counselling</li> <li>• Grief support groups</li> <li>• Evening remembrance services, opportunity for collective grieving</li> </ul>	902-893-3265  89 Queen St., Truro
<b>Depression &amp; Bipolar Disorder Self-Help Group – Truro</b>	Support for people living with depression or bipolar disorder; group meetings	Meetings: every Wednesday at 7–8:00 pm (participants are urged arrive up on time). Contact Susan Henderson (Canadian Mental Health Association) 902-895-4211 25 Revere Street, Truro
<b>Emergency Department – Colchester East Hants</b>	Emergency health services, including mental health assessment	902-893-5554  600 Abenaki Rd., Truro
<b>Healing and Hope, Cumberland County, NS</b>	7 week sessions with 6-10 participants Spring & Fall sessions are run twice a year in parts of Cumberland County, specifically Amherst, Springhill, Pugwash, Parrsboro and Tatagamouche.	Contact Terry Lynn Smith (social worker) at 902-667-5400 (Ext. 6428) OR Sharon Skinner at 902-667-5400 (Ext. 6344)

COLCHESTER – EAST HANTS – CUMBERLAND		
<b>Mental Health and Addiction Services, Crisis Response Service</b>	<ul style="list-style-type: none"> <li>• Open to people of all ages who are experiencing a mental health crisis</li> <li>• Contact the Crisis Response Service number to access services</li> <li>• After hours, call the Mental Health Crisis Line, go to your nearest emergency room, or dial 9-1-1</li> <li>• Individuals may refer themselves or may be referred by family doctors, family members, friends and community agencies</li> </ul>	902-896-2606 1-800-460-2110 ext 42606 (toll free) 1-888-429-8167 (toll free, after hours)  <b>Hours of Operation</b> Monday-Thursday, 9:00am-6:00pm Friday, 9:00am-4:30pm
<b>Mi'kmaw Family Healing Centre</b>	Can direct you to nearest services	902-893-8483 24 hr crisis line (Truro) 1-800-565-4741 (toll free)
<b>Narcotics Anonymous (NA) – Central Nova Narcotics Anonymous</b>	<ul style="list-style-type: none"> <li>• Community support groups for those coping with drug addiction</li> <li>• Meetings are offered in the following communities: Springhill, Truro</li> </ul>	902-454-2913 (Meeting Information)  902-789-8323 (Help line)
<b>New Directions – Amherst</b>	Support to men to stop their abusive behaviours against women and to learn healthy ways to express themselves  Movies, exercises, group discussions on abusive behaviours and new ways of communicating.	Meetings: Closed groups and individual support  Contact Ruth Currie at 902-667-4500 or Caroline Foster at 902-667-4500  <a href="mailto:newdir@ns.aliantzinc.ca">newdir@ns.aliantzinc.ca</a>
<b>Northern Healthy Connections Society</b>	<ul style="list-style-type: none"> <li>• Supportive counselling, assistance understanding and navigating social service systems</li> <li>• Referral to other services such as food banks/ health professionals</li> <li>• Free condoms, needle exchange, referrals to family physicians and HIV/HCV specialists</li> <li>• Lunch and grab program</li> </ul> <p><i>*Eligibility: those affected with HIV/Aids, hepatitis C, sexually transmitted infections or other blood borne pathogens and their support people</i></p>	902-985-0931 1-800-940-2437 (toll free)  33 Pleasant St., Truro  <a href="mailto:admin@nhcsociety.ca">admin@nhcsociety.ca</a> <a href="http://www.nhcsociety.ca">www.nhcsociety.ca</a>  <b>Hours of Operation</b> Monday-Friday, 9am-4pm
<b>Northern Healthy Connections Society, Mobile Outreach Service – Cumberland County</b>	<ul style="list-style-type: none"> <li>• Offered every second Wednesday</li> <li>• Meets clients where they are at</li> <li>• Same services and supplies as in Truro</li> </ul>	902-895-0931 902-956-3965 902-397-1464
Over Eaters Anonymous/ Addiction services	Voluntary program providing individual support <ul style="list-style-type: none"> <li>• Early treatment, wellness education</li> <li>• Problem solving and advocacy</li> <li>• Relapse prevention</li> <li>• Links to community resources</li> <li>• Long acting medication depot clinic</li> </ul>	902-893-5526 1800-460-2110 ext 45526 (toll free)  600 Abenaki Rd., Truro  <b>Hours of Operation</b> Monday-Friday, 8:30-4:30 pm

COLCHESTER – EAST HANTS – CUMBERLAND		
<b>Public Health Truro</b>	Offers: <ul style="list-style-type: none"> <li>• Nutrition information services</li> <li>• Health beginnings programs</li> <li>• Immunization information</li> <li>• Home visits for new parents</li> <li>• Breastfeeding support</li> <li>• Information on communicable diseases</li> <li>• New Parent support</li> <li>• Healthy physical activity information</li> <li>• Environmental health information for NS</li> </ul>	902-893-5820  Colchester East Hants Health Centre, 600 Abenaki Rd., Level 1 Wing B, Truro
Sexual Health Centre for Cumberland County	Services include: <ul style="list-style-type: none"> <li>• Safer sex supplies (e.g., condoms, dams, lube, etc.)</li> <li>• Support, guidance and/or peer counselling for individuals</li> <li>• Educational programs and/or training workshops</li> </ul>	902-667-7500  11 Elmwood DriveAmherst  <a href="mailto:shccc@ns.aliantzinc.ca">shccc@ns.aliantzinc.ca</a>  <a href="http://sexualhealthmatters.ca">sexualhealthmatters.ca</a>
<b>Truro Head Start Society</b>	Special needs inclusive preschool	902-895-1411 36 Arthur St., Truro  <b>Hours of Operation</b> Mon-Friday 9:00am-3:00pm
<b>Truro Walk-in Clinic</b>	<ul style="list-style-type: none"> <li>• First come, first serve basis</li> <li>• Call for same day appointments</li> <li>• Routine medical issues normally seen by family practice</li> <li>• Not an emergency department</li> </ul>	902-893-3635 68 Robie St., Fundy Trail Mall, Truro  <b>Hours of Operation:</b> Open Evenings, Mon-Friday Daytime Saturday
<b>Welkaquik (Next Step Shelter)</b>	Second stage housing	902-895-1738 1-800-565-4372 ( <i>toll free</i> )
<b>Wood St., Centre</b>	Offers treatment and programs for children and youth. Specifically offering a range of support for behavioural/ emotional challenges	902-896-7040  225 Wood St., Truro

## LEGAL SUPPORT– *free unless specified otherwise*

COLCHESTER – EAST HANTS – CUMBERLAND		
<b>Cumberland Restorative Justice Society</b>	<ul style="list-style-type: none"> <li>• Provides restorative alternatives to the traditional court system for individuals in conflict with the law</li> <li>• Provides mediation, facilitation and community education for groups and individuals who require help dealing with conflict</li> </ul>	902-667-4414 54 Victoria St., Amherst  <a href="mailto:jenniferfurlong@eastlink.ca">jenniferfurlong@eastlink.ca</a>  <a href="http://www.cumberlandrj.ca">www.cumberlandrj.ca</a>

COLCHESTER – EAST HANTS – CUMBERLAND		
<b>John Howard Restorative Justice (Central Region)</b>	Program focuses on repairing harm done by the offence, reintegrating the offender into the community, and achieving a sense of healing for both the victim and the community	902-843-4969  1019 East Prince St., Unit A, Truro  <a href="mailto:chris.king@ns.johnhoward.ca">chris.king@ns.johnhoward.ca</a>
<b>Mi'kmaw Legal Support Network, Colchester and Cumberland Counties</b>	Provides sustainable justice support system for all Mi'kmaw and Aboriginal people in the Nova Scotia justice system	902-895-1145 902-324-1090 <a href="mailto:ccoalcuic@mlsn.ca">ccoalcuic@mlsn.ca</a>
<b>Restorative Justice (aka) Community Justice Forum Provided by the RCMP (Truro)</b>	Alternative methods of justice outside of the formal system, focus is on offender accountability, problem solving	902-893-6820  283 Pictou Rd., Truro

## HOUSING INFORMATION – *free unless specified otherwise*

COLCHESTER – EAST HANTS – CUMBERLAND		
<b>Regional Housing Authorities</b>	Can provide information about subsidized housing in your area.	Truro and Colchester County: 902-893-7235 1-877-846-0440 ( <i>toll free</i> )  Amherst and Cumberland County: 902-667-8757 1-800-934-2445 ( <i>toll free</i> )
<b>Red Bear Healing Home</b>	Free voicemail service for anyone who can't afford a cell phone, landline or the internet. Service can help keep you in touch with potential landlords, employers, and service providers.	902-448-4744  <b>Hours of Operation</b> Monday-Sunday, 10am-9:30pm
<b>Wenjikwom Housing Commission (Truro)</b>	Helps provide affordable housing solutions for people living off reserve	902-843-3551 1-800-565-4372 ( <i>toll free</i> )

## SHELTERS / PLACES TO STAY – *free unless specified otherwise*

COLCHESTER – EAST HANTS – CUMBERLAND		
<b>Autumn House, Amherst</b>	Short-term housing and counselling for women` and children who are dealing with and trying to escape abuse	902-667-1200 (24 hour help line) 902-667-1344 (shelter admin)

## COLCHESTER – EAST HANTS – CUMBERLAND

<b>Eagles' Nest Recovery House In-Patient Treatment Centre, Native Alcohol and Drug Abuse Counselling Association of Nova Scotia</b>	<p>Offers unique strength-based wellness programs centred on traditional Aboriginal values</p> <p>Programs include:</p> <ul style="list-style-type: none"> <li>• 5 Week – Aboriginal Wellness for Addictions Women's Program</li> <li>• 5 Week – Aboriginal Wellness for Addictions CO-ED Program</li> <li>• 5 Week – Aboriginal Wellness Historical Trauma Addictions Recovery Program</li> <li>• Daily sessions are provided on:</li> <li>• Addictions</li> <li>• Recreation</li> <li>• Crafts therapy</li> <li>• Physical development</li> <li>• Cross cultural awareness</li> </ul> <p>Eligibility:</p> <ul style="list-style-type: none"> <li>• Be of Aboriginal descent (<i>must have status band #</i>)</li> <li>• 19 years of age or older</li> <li>• Must have a total abstinence of 5 days from alcohol and 14 days from drugs</li> </ul>	<p>902-758-4277 44 Eagles Nest Ave., Indian Brook</p>
<b>Millbrook Family Healing Centre</b>	<ul style="list-style-type: none"> <li>• Protection, safety, shelter, and basic life necessities to women and children</li> <li>• 24-hour crisis support telephone line</li> <li>• Support and information to women, men, and children to enable them to develop and maintain a healthful and violent-free lifestyle</li> <li>• Individual and group counselling for women, men, and children</li> <li>• Outreach services to women, men, and children</li> <li>• Referral and follow-up to other social services programs</li> <li>• Community education in family violence intervention, treatment, and prevention</li> </ul>	<p>902-893-8483 1-800-565-4741 (<i>toll free</i>)</p>
<b>Third Place Transition House</b>	<ul style="list-style-type: none"> <li>• 24-hour Crisis Line</li> <li>• Shelter for 15 women and children</li> <li>• Safe living environment for up to six weeks</li> <li>• Legal and social services systems assistance</li> <li>• In-house supportive counselling</li> </ul> <p><i>*Some services available 24 hours</i></p>	<p>902-893-4844 (<i>general inquiries</i>) 902-893-3232 (<i>crisis line</i>) 902-895-9740 (<i>women's outreach</i>) 1-800-565-4878 (<i>toll free</i>)</p> <p><a href="http://www.thirdplaceth.ca">www.thirdplaceth.ca</a></p>

COLCHESTER – EAST HANTS – CUMBERLAND		
<b>Truro Homeless Outreach Society Hub House</b>	Provides a year round overnight emergency shelter and other supports.	902-956-4938 902-842-2538  862 Prince St., Truro  <b>Hours of Operation</b> Intake Mon-Sun 7pm  <a href="mailto:contact.thos@trurohomeless.ca">contact.thos@trurohomeless.ca</a>  <a href="http://www.trurohomeless.ca">www.trurohomeless.ca</a>
<b>Welkaganik Next Step Shelter, Truro</b>	Priority given to Indigenous women	902-895-1738

## FINDING WORK – *free unless specified otherwise*

COLCHESTER – EAST HANTS – CUMBERLAND		
<b>Cumberland African Nova Scotian Association (CANSAs), Amherst</b>	<ul style="list-style-type: none"> <li>• Provides employment services to individuals who are unemployed or underemployed, by assisting with employment-related activities.</li> <li>• Support individuals to access training, access disability and employment related supports, access assessments, provide assistance with resumes and cover letters and assistance with the job search process.</li> </ul>	902-661-1509 Ext. 221  63 Victoria St., East Amherst  <a href="http://cansas.ca">cansas.ca</a>
<b>Cumberland African Nova Scotian Association (CANSAs), Springhill</b>	<i>See above</i>	902-661-1509 Ext. 221  166 Junction Rd., Highway #2, Springhill
<b>Futureworx, Elmsdale</b>	<ul style="list-style-type: none"> <li>• Personal development workshop series</li> <li>• Essential skills/academic upgrading</li> <li>• Work placements</li> <li>• Job search assistance, and employment workshops</li> <li>• Vocational programs include= Hospitality/food service, continuing care assistant training program</li> </ul>	902-883-7010  15 Commerce Court, Suite 110, Elmsdale
<b>Futureworx, Tatamagouche</b>	<i>See above</i>	902-657-0180  229 Main St., Tatamagouche

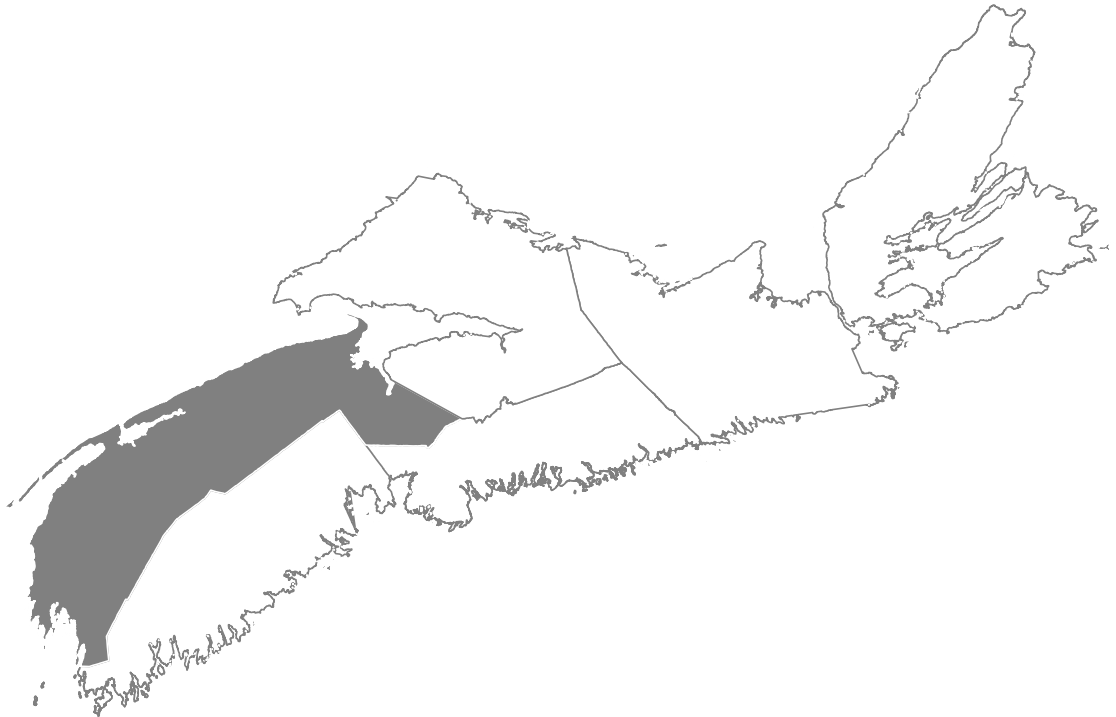
COLCHESTER – EAST HANTS – CUMBERLAND		
<b>Futureworx, Truro</b>	<i>See above</i>	902-843-4290 <i>Head Office</i> 902-895-2837 <i>Work Centre</i>  <i>Head Office:</i> 14 Court St., Suite 305 Truro  <i>Work Centre:</i> 80 Glenwood Dr., Truro  <i>Satellite Training –</i> Dartmouth 800 Windmill Rd., Suite 122 902-481-9296
<b>TREES: Training Recovery Empowerment and Employment</b>	<ul style="list-style-type: none"> <li>• Employment program that helps to develop resumes, cover letters, interview skills, and other employment readiness skills.</li> <li>• Program also assists people with a mental illness to develop vocational skills through training</li> </ul>	902-890-2710  557 Prince St., Truro  <b>Employment Counsellor:</b> Lynn MacDonald

## EDUCATION SUPPORT – *free unless specified otherwise*

COLCHESTER – EAST HANTS – CUMBERLAND		
<b>Colchester Adult Learning Association</b>	Programs include: <ul style="list-style-type: none"> <li>• Adult Learning Program</li> <li>• Family Learning Program</li> <li>• GED prep course</li> <li>• NETwork program</li> </ul>	902-895-2464  36 Arthur St., Rm 127 Forrester Hall, Truro  <a href="mailto:contactcala@gocala.ca">contactcala@gocala.ca</a>  <a href="http://www.gocala.ca">www.gocala.ca</a>
<b>Cumberland Adult Network for Upgrading</b>	Programs include: <ul style="list-style-type: none"> <li>• Adult Learning Program, Levels 1 and 2</li> <li>• Art classes</li> <li>• GED prep courses</li> <li>• Cooking courses</li> <li>• Technology education</li> <li>• Employment readiness programs</li> </ul>	902-660-3095 or 902-661-0153  21 Acadia St., 2nd Floor Library, Amherst  <a href="mailto:can-u@ns.sympatico.ca">can-u@ns.sympatico.ca</a>  <a href="http://www.canu-ns.ca">www.canu-ns.ca</a>

COLCHESTER – EAST HANTS – CUMBERLAND		
<b>East Hants Community Learning Association</b>	Programs include: <ul style="list-style-type: none"> <li>• Adult Learning Program, Levels 1 and 2</li> <li>• Art classes</li> <li>• GED prep courses</li> <li>• Financial literacy</li> <li>• Technology education</li> <li>• Employment readiness programs</li> </ul>	902-883-1608  The Nova Centre, Suite 101A, 224 Hwy #214, Elmsdale  <a href="mailto:ehalacoordinator@gmail.com">ehalacoordinator@gmail.com</a>  <a href="http://easthantslearning.com">easthantslearning.com</a>
<b>Indian Brook First Nation Employment &amp; Training</b>	Offers a variety of courses and workshops, as well as supports in applying for post-secondary programs	902-758-3372 1-877-258-5550 ( <i>toll free</i> )  Micmac Post Office, 118 Sesame St., Hants County  <a href="mailto:indianbrookemployment@hotmail.com">indianbrookemployment@hotmail.com</a>  <a href="http://sipeknekatik.ca/employment-training/">sipeknekatik.ca/employment-training/</a>
<b>Nova Scotia School for Adult Learning</b>	Aims to improve the education and employment prospects of Nova Scotia's adults by promoting, developing, and funding adult literacy, essential skills, and upgrading programs in the province.	902-893-7200  60 Lorne St., Suite 3, Truro  <a href="mailto:liz.devine@novascotia.ca">liz.devine@novascotia.ca</a>

# VALLEY – YARMOUTH



## COMMUNITY SUPPORTS AND CHILD CARE CENTRES

– free unless specified otherwise

VALLEY – YARMOUTH		
<b>7th Step Society, Annapolis Valley</b>	Holds weekly peer support meetings for individuals with experience in the criminal justice system	902-422-0456 <a href="mailto:info@knoxlaw.ca">info@knoxlaw.ca</a>
<b>Annapolis County Canadian Mental Health Association Mental Health Support Group – Bridgetown</b>	Support to those living with a mental health issue and their friends and family. Activities: Group meetings.	Meetings: every Wednesday morning at 10 am.  Contact Orris Orlando 902-665-2405 or <a href="mailto:orris.orlando@eastlink.ca">orris.orlando@eastlink.ca</a>
<b>Caregiver Support Group – Clare</b>	Support and education to those who care for a family member or loved one in their homes. The group is facilitated by VON & South West Health.	Group meetings: 2nd Wednesday of every month from 1:30–3:30 pm at the Clare Community Health Centre  Contact Derrick Babin at 902-742-4512 or <a href="mailto:derrick.babin@von.ca">derrick.babin@von.ca</a>
<b>Department of Community Services</b>	Income Assistance provides people in financial need with basic needs such as food, rent, heat and electricity and clothing. Employment Support Services helps people to become more self-sufficient.	902-679-5146  Western Regional Office 460 Main St., Kentville
<b>Department of Community Services</b>	See above	902-742-0741 Yarmouth District Office 10 Starrs Rd., Yarmouth
<b>Digby County Family Resource Centre – Digby</b>	Supports and services for children in Digby County. School readiness program (ages 3-5) in Tri-County schools. Afrocentric school readiness program, pre- and post- natal nutrition, parenting education, support and advocacy for participants. Older mothers act as “buddies” to younger mothers. Fathers welcome.	Meetings : Little River Baptist Church on Thursday from 10am to 12pm and at the Digby County Family Resource Centre on Fridays from 10am to 12pm.  Contact Patricia Ryan 902-245-6464 or <a href="mailto:dcfrc@ns.sympatico.ca">dcfrc@ns.sympatico.ca</a>
<b>Family Resource Centre of West Hants</b>	Offers family directed programming	902-798-5961  Windsor Community Centre PO BOX 2847, Windsor  <a href="mailto:frcowesthants@ns.sympatico.ca">frcowesthants@ns.sympatico.ca</a>

VALLEY – YARMOUTH		
<b>Greenwood Military Family Resource Centre</b>	Offers information, support, and referral services to all Canadian Forces families whether a family's loved one is deployed or not.	902-765-5611 902-765-1494 ext 5457 <i>(after hours emergencies)</i>  AVM Morfee Centre 24 School Rd., Greenwood  <b>Hours of Operation</b> Mon-Fri 8am-9pm  <a href="mailto:home@greenwoodmfr.ca">home@greenwoodmfr.ca</a>  <a href="http://www.cafconnection.ca">www.cafconnection.ca</a>
<b>Kings County Family Resource Centre</b>	Programs for children, parents/guardians, adults, and parent-child interactive programs	902-678-5760  503 Main St, Kentville
<b>Open Arms Kentville Resource Centre</b>	<ul style="list-style-type: none"> <li>• Community Chaplaincy</li> <li>• S.A.F.E. House Program: Safe and affordable housing for people in transition—three properties with a total of 16 rooms.</li> <li>• Rural Food Delivery Program To Families in Crisis.</li> <li>• Apartment Locating / transitional and permanent residence</li> <li>• Furniture bank</li> <li>• Advocacy with government departments &amp; landlords</li> <li>• Breakfast program</li> </ul>	902-365-3665  32 Cornwallis St, Kentville  <b>Hours of Operation</b> Monday to Saturday: 8am-2pm, 6pm-8pm
<b>Open Arms Berwick Outreach</b>	<i>See above</i>	902-691-1525  200 Mill St., Berwick  <b>Hours of Operation</b> Monday: 2-4pm Wednesday: 10am-noon Friday: 10am-noon
<b>Salvation Army Kentville Community &amp; Family Services</b>	<i>See above</i>	902-678-4534  15 Nichols Ave., Kentville
<b>Salvation Army Yarmouth Community &amp; Family Services</b>	<i>See above</i>	902-742-2519  103 Brunswick St., Yarmouth
<b>The Women's Place Resource Centre</b>	Providing collaborative, client centered services to address the needs of women through services such as: supportive counseling, workshops, resource/community development and advocacy.	902-532-1898 228 St. George St., Annapolis Royal  <b>Hours of Operation:</b> Mon-Thurs 9am-4pm  <a href="http://wprc.ddns.net/joomla/">http://wprc.ddns.net/joomla/</a>  <a href="mailto:della@womensplaceresourcecenter.com">della@womensplaceresourcecenter.com</a>

VALLEY – YARMOUTH		
<b>Tri-County Women's Centre</b>	<p>Offers a variety of services including:</p> <ul style="list-style-type: none"> <li>• Individual supportive counselling and advocacy</li> <li>• Accompaniment to appointments</li> <li>• Providing assistance filling out forms</li> <li>• Free pregnancy testing, condoms and sexual health &amp; reproductive health information</li> <li>• Working on Community Development issues such as housing, food security, women's health, sexual violence, women's and youth access to community based health services, as well as youth and illicit drugs</li> <li>• Specialized Trauma Counselling Services for survivors and victims of sexualized violence.</li> <li>• Support and navigation for survivors and victims of sexualized violence</li> </ul>	<p>902-742-0085 1-877-742-0085 (Toll Free)</p> <p>12 Cumberland St., Yarmouth</p> <p><a href="http://www.tricountywomenscentre.org">www.tricountywomenscentre.org</a></p>
<b>Women's Place Resource Centre</b>	<p>Provides information on resources, emotional support, refer to appropriate community services and offer programs that empower and support women.</p>	<p>902-532-1898 877-392-8800 (Toll free)</p> <p>228 St., George Street Annapolis Royal</p>

## FOOD BANKS / SOUP KITCHENS / CLOTHING / FURNITURE – free unless specified otherwise

VALLEY – YARMOUTH		
<b>Annapolis Area Food Bank Society</b>	Food bank	<p>902-532-5572</p> <p>590 George St., Annapolis Royal</p> <p><b>Hours of Operation</b> Tuesday – 06:00 PM – 08:00 PM (2nd and 3rd) Wednesday – 06:00 PM – 08:00 PM (2nd and 3rd)</p>
<b>Berwick Food Bank</b>	Food bank	<p>902-538-1996</p> <p>100 South St., Unit 22B, Berwick</p> <p><b>Hours of Operation</b> Saturday – 09:00 AM – 11:00 AM</p>
<b>Bridgetown &amp; Area Food Bank</b>	Food bank	<p>902-665-2858</p> <p>6 Rink St., Bridgetown</p> <p><b>Hours of Operation</b> Wednesday : 09:00 AM – 12:00 PM</p>

VALLEY – YARMOUTH		
<b>Canadian Mental Health Association, SOUP Program</b>	<ul style="list-style-type: none"> <li>• Community group where people come together to help prepare food for the community.</li> <li>• Help prepare soup of the week</li> <li>• Eat what you can, take what you need</li> </ul>	902-679-7464  15 Nichols Ave, Kentville  <b>Hours of Operation</b> Friday: 9:30 am-2 pm
<b>Canning Area Food Bank</b>	Food bank	902-582-3886  1000 Seminary Ave, Canning  <b>Hours of Operation</b> Wednesday : 12:00 PM – 03:00 PM
<b>Clare Food Bank</b>	Food bank	902-769-2182  9636 Highway 1, Saulnierville  <b>Hours of Operation</b> Wednesday : 10:00 AM – 12:00 PM <i>(every 3rd Wednesday of the month)</i>
<b>Digby &amp; Area Food Bank</b>	Food bank	902-245-4508  63 Warwick St., Digby  <b>Hours of Operation</b> Wednesday : 09:00 AM – 12:00 PM
<b>Fundy Interchurch Food Bank</b>	Food bank	902-679-3664  50 Belcher St., Kentville  <b>Hours of Operation</b> Thursday : 10:30 AM – 02:00 PM
<b>Hantsport &amp; Area Community Food Bank</b>	Food bank	902-352-3002 3 Oak St., Hantsport  <b>Hours of Operation</b> Wednesday : 09:00 AM – 12:00 PM <i>(2nd Wednesday of the month)</i>
<b>Harvest House Community Outreach</b>	<ul style="list-style-type: none"> <li>• Meal program</li> <li>• Drop-in</li> </ul>	902-790-4560 95 Stannus St., Windsor  <b>Hours of Operation</b> Monday, Wednesday, Thursday, Friday : 12:00 PM – 03:00 PM  Tuesday : 10:00 AM – 03:00 PM

## VALLEY – YARMOUTH

<b>Salvation Army Community &amp; Family Services, Emergency Support</b>	Provides emergency support to those in need including: <ul style="list-style-type: none"> <li>• Food</li> <li>• Clothing</li> <li>• Food vouchers</li> <li>• Can access once every three months</li> <li>• Requires proof of income and identification for all family members</li> </ul>	902-665-4011  16 Post Office St., Bridgetown  <a href="mailto:sa.bridgetown@eastlink.ca">sa.bridgetown@eastlink.ca</a>  <b>Hours of Operation:</b> Bridgetown to Clementsport ( <i>Bridgetown location</i> ): Second and third Monday of the month, 10am-4pm <i>* By appointment only</i> Lawrencetown to Kingston ( <i>Middleton location</i> ): Second and third Tuesday of the month, 10am-4pm <i>* By appointment only</i> Digby to Weymouth ( <i>Digby location</i> ): Second and third Wednesday of the month, 10am-4pm <i>* By appointment only</i>
<b>Twelve Baskets Food Bank</b>	Food bank	902-825-3966  9326 Highway 10, Nictaux  <b>Hours of Operation</b> 2nd Monday of the month 1-3pm Wednesdays 6:00pm to 8:30pm Fridays 9:00am to 11:30am
<b>Upper Room Food Bank Association</b>	Food bank	902-765-0303  669 Main St., Kingston  <b>Hours of Operation</b> Monday : 10:00 AM – 12:00 PM Thursday : 07:00 PM – 08:45 PM
<b>Weymouth Area Food Bank</b>	Food bank	902-837-4988  30 Mildon Lane, RR#4, Weymouth  <b>Hours of Operation</b> Saturday : 08:30 AM – 12:00 PM (2nd Saturday of the month)
<b>Windsor &amp; District Food Bank</b>	Food bank	902-798-4313  10 Sanford Dr., Windsor  <b>Hours of Operation:</b> Tuesday : 12:00 PM – 04:00 PM Friday : 12:00 PM – 04:00 PM

VALLEY – YARMOUTH		
<b>Wolfville Area Food Bank</b>	Food bank	902-542-0040 487 Main St., Wolfville  <b>Hours of Operation</b> Thursday : 09:00 AM – 12:00 PM
<b>Yarmouth Food Bank</b>	Food bank	2 Herbert St., Yarmouth  <b>Hours of Operation</b> Tuesday – 01:00 PM – 03:30 PM

## RESOURCES FOR YOUTH

*(UPPER AGE LIMITS VARY FROM 19-30) – free unless specified otherwise*

VALLEY – YARMOUTH		
<b>Beacon Program – Kentville</b>	Short term stay for young adults with mental illness.	902-678-8361  Bldg. #2 150 Exhibition St., Kentville
<b>Portal Youth Drop-In Centre</b>	A resource centre for youth that desire connection and change and youth at risk of homelessness Priority focus for outreach is youth, 16- 19 years. Programs include: <ul style="list-style-type: none"> <li>• Rec Buddies,</li> <li>• Family connect and RE-connect,</li> <li>• Outdoor Discovery,</li> <li>• One on One support</li> <li>• supportive counselling</li> <li>• Programs/workshops for resiliency</li> </ul>	902.365.3773  437 Main St, Kentville  <a href="http://www.portalyouth.ca">www.portalyouth.ca</a>
<b>SHYFT Youth Services</b>	SHYFT offers residential and outreach supports for homeless and at-risk youth in Digby, Shelburne and Yarmouth counties Supports include: <ul style="list-style-type: none"> <li>• Transitional housing (for up to seven youth)</li> <li>• Twenty-four hour staff support</li> <li>• Access to a safe and friendly environment</li> <li>• Programs and workshops as determined by youth</li> <li>• Referrals to other services</li> <li>• Support for youth to develop goals and plans</li> <li>• Shared meal planning and preparation</li> <li>• Laundry facilities</li> <li>• Telephone and internet access</li> </ul>	902-881-3111 1-855-781-3111 ( <i>toll free</i> )  6 Trinity Place, Yarmouth  <a href="http://www.shyft.ca">www.shyft.ca</a>  <a href="mailto:ed@shyft.ca">ed@shyft.ca</a>
<b>Split Rock Learning Centre</b>	Offers various services for youth ages 16+, including employment assistance, housing projects, and help connecting with community resources.	902-742-5509  255 Main St, Yarmouth

## MENTAL, SEXUAL AND PHYSICAL HEALTH –

*free unless specified otherwise*

VALLEY – YARMOUTH		
<b>Alcoholics Anonymous (AA), Annapolis &amp; Kings Counties</b>	Community support groups for those coping with alcohol addiction	902-300-1863 <a href="mailto:district3@area82aa.org">district3@area82aa.org</a>
<b>Alcoholics Anonymous (AA), Wolfville and West Hants County</b>	<i>See above</i>	902-790-0023 <a href="mailto:district17@area82aa.org">district17@area82aa.org</a> <a href="http://www.district17.area82aa.org">www.district17.area82aa.org</a>
<b>Alcoholics Anonymous (AA), Yarmouth &amp; Digby Counties</b>	<i>See above</i>	902-837-7415 <a href="mailto:district4@area82aa.org">district4@area82aa.org</a>
<b>AL-ANON – Centreville</b>	Support for families and friends whose lives have been affected by someone else's drinking, drug use, etc.	Meetings at 1st Baptist Church every Tuesday at 10:00 am in Centreville.  Contact Beverly at 902-678-4798
<b>Friends in Bereavement – Kentville</b>	Support for those who have experienced the loss of a loved one	Meetings: 1st and 3rd Tuesday of each month from 2:00–4:00 pm at the Kentville Baptist Church (downstairs parlor). Contact Jennifer Longley at 902-681-8239
<b>Moms of Children Passed – Kentville</b>	Groups support meetings for mothers who have lost a child or children to death by any means	Contact Sherry Bigelow at 902-365-5210
<b>Gambling Services (referral required)</b>	Available to individuals, couples, families and anyone in distress because of excessive gambling (their own or others).  Services include assessment, treatment and referrals to other professionals or self-help/support groups.	902-742-3541 Yarmouth Regional Hospital 60 Vancouver St., Yarmouth  902-645-2777 Clare Health Centre, 8559 Highway 1, Meteghan Centre
<b>Canadian Mental Health Association – Kings County</b>	Advocates and provides support to individuals living with mental health issues through programs that promote mentally healthy people in the community.	902-679-7464  35 Webster Street Suite 203, Kentville  <a href="mailto:info@cmhakings.ns.ca">info@cmhakings.ns.ca</a>  <a href="https://novascotia.cmha.ca">https://novascotia.cmha.ca</a>
<b>Canadian Mental Health Association – Yarmouth Digby Shelburne Branch</b>	Aims to increase mental health awareness, education, advocacy, and reduce stigma for people in the Tri-County area	P.O. Box 312, Station Main Yarmouth  <a href="mailto:info@cmhayds.com">info@cmhayds.com</a>  <a href="https://novascotia.cmha.ca">https://novascotia.cmha.ca</a>

VALLEY – YARMOUTH		
<b>Methadone clinic: Annapolis Valley Health Chipman Building</b>		902-679-2392  15 Chipman Drive Kentville
<b>Methadone Clinic: Annapolis Valley Health Soldier's Memorial Hospital</b>		902-825-6828 462 Main St., Middleton
<b>Overeaters Support Group</b>	Provides support to individuals who experience compulsive eating  <b>Hours of Operation:</b> Fri 10am	902-542-9710 487 Main St., Wolfville <a href="http://www.oa.org">www.oa.org</a>
<b>Narcotics Anonymous (NA) – Central Nova Narcotics Anonymous</b>	Community support groups for those coping with drug addiction Meetings are offered in the following communities: Yarmouth	902-454-2913 (Meeting Information) 902-789-8323 (Help line)
<b>S.O.A.R – Survivors of Abuse Recovering</b>	Providing peer counselling services for male and female survivors of childhood sexual abuse in West Hants, Kings and Annapolis counties.	902-679-7337 Toll-free 1-877-679-SOAR (7627) <a href="mailto:info@survivorsofabuserecovering.ca">info@survivorsofabuserecovering.ca</a> <a href="http://www.survivorsofabuserecovering.ca">www.survivorsofabuserecovering.ca</a>

## LEGAL SUPPORT—*free unless specified otherwise*

VALLEY – YARMOUTH		
<b>Nova Scotia Legal Aid</b>	Offers free legal services to help adults and youth facing a range of legal issues. Assistance with criminal law, family law, CPP, Employment Insurance or Income Assistance	325 Main St., Salon B Kentville, NS B4N 1K5  902-679-6110 1-866-679-6110 ( <i>toll free</i> )  <b>Hours of Operation</b> Mon-Fri 8:30am-4:40pm
<b>Nova Scotia Legal Aid</b>	<i>See above</i>	902-742-7827 1-866-742-3300 ( <i>toll free</i> ) 902-742-0676 ( <i>fax</i> )  204-164 Main Street Yarmouth, NS B5A 1C2  <b>Hours of Operation</b> Mon-Fri 8:30am-4:40pm
<b>Tri-County Restorative Justice Society</b>	<ul style="list-style-type: none"> <li>Provides restorative alternatives to the traditional court system for individuals in conflict with the law</li> <li>Provides mediation, facilitation and community education for groups and individuals who require help dealing with conflict</li> </ul>	902-742-8262 10 Starrs Rd., Yarmouth <a href="mailto:rjyvon@ns.aliantzinc.ca">rjyvon@ns.aliantzinc.ca</a>

VALLEY – YARMOUTH		
<b>Valley Restorative Justice Society</b>	<i>See above</i>	902-679-0650 136 Exhibition St, Kentville <a href="mailto:valleyrj@ns.sympatico.ca">valleyrj@ns.sympatico.ca</a> <a href="http://www.valleyrestorativejustice.org">www.valleyrestorativejustice.org</a>

## HOUSING INFORMATION – *free unless specified otherwise*

VALLEY – YARMOUTH		
<b>Canadian Mental Health Association – Kings County, Project HOPE</b>	<ul style="list-style-type: none"> <li>• Designed to assist individuals living with mental illness homeless or at risk of homelessness to obtain and retain housing</li> <li>• Services include housing placement, eviction prevention, referral to appropriate agencies, skills training, ongoing support, and intensive case management to minimize barriers to finding and retaining housing</li> </ul>	902-679-7573  35 Webster Street Suite 203, Kentville  <a href="mailto:hope.lead@cmhakings.ns.ca">hope.lead@cmhakings.ns.ca</a>  <a href="https://novascotia.cmha.ca">https://novascotia.cmha.ca</a>
<b>Open Arms Kentville Resource Centre</b>	Support with apartment locating and transitioning to permanent residence	902-365-3665 32 Cornwallis St, Kentville  <b>Hours of Operation</b> Monday to Saturday 8am-2pm, 6pm-8pm
<b>Western Regional Housing Authority Kings County – New Minas</b>	Provides affordable rental housing to families in need and offers rental rates based on income.	902-681-3179 1-800-441-0447 ( <i>toll free</i> ) 902-681-0806 ( <i>fax</i> )  25 Kentucky Court New Minas, NS B4N 4N1  <b>Hours of Operation</b> Mon- Fri 8:30am-4:30pm  <a href="http://housing.novascotia.ca">housing.novascotia.ca</a>
<b>Western Regional Housing Authority Yarmouth</b>	Provides affordable rental housing to families in need and offers rental rates based on income.	902-742-4369 1-800-306-3331 ( <i>toll free</i> ) 902-749-1258 ( <i>fax</i> )  10 Starrs Rd., 2nd Floor Yarmouth, NS B5A 2T1  <b>Hours of Operation</b> Mon- Fri 8:30am-4:30pm  <a href="http://housing.novascotia.ca">housing.novascotia.ca</a>

## SHELTERS / PLACES TO STAY – free unless specified otherwise

VALLEY – YARMOUTH		
<b>Canadian Mental Health Association – Kings County, Affordable Housing Project</b>	CMHA-Kings owns two duplexes in Kentville, comprising 1 – 3 bedroom unit, and 3 – 2 bedroom units These are offered at affordable rates, heat and power included, to people who live with mental illness who are actively working on wellness. <i>“Affordable” varies, but generally means that a family of four must have less than \$35,000 of income in a year.</i>	902-679-746  35 Webster Street Suite 203, Kentville  <a href="mailto:info@cmhakings.ns.ca">info@cmhakings.ns.ca</a>  <a href="http://kingsns.cmha.ca">kingsns.cmha.ca</a>
<b>Chrysalis House – Kentville</b>	Provides shelter, support, counselling, advocacy, and outreach for abused women and their children. Services are available for women who have been psychologically, emotionally, physically, and/or sexually abused.	902-679-1922 (24 Hour Help Line) 1-800-264-8682 (toll free)
<b>Crosbie House</b>	Provides an abstinence-based 28-day residential addiction recovery program for alcohol, drug and gambling addictions. Program includes: <ul style="list-style-type: none"> <li>• Individual and group counselling</li> <li>• Counselling specific to each client’s drug or behaviour of choice</li> <li>• Psycho-educational video study and discussion</li> <li>• Workbook activities and seminars to introduce the steps to recovery</li> <li>• In-house and community recovery meetings</li> <li>• Familiarization with post treatment resources</li> </ul>	902-681-0613 1-866-681-0613 (toll free)  113 Cornwallis Ave., New Minas  <a href="mailto:info@crosbiehouse.ca">info@crosbiehouse.ca</a>  <a href="http://www.crosbiehousesociety.com">www.crosbiehousesociety.com</a>
<b>Juniper House</b>	<ul style="list-style-type: none"> <li>• 24-hour TOLL FREE crisis line</li> <li>• A safe and secure home for 15 women and children</li> <li>• 24-hour staffing</li> <li>• Supportive counselling</li> <li>• A safe, comfortable living environment for as long as six weeks</li> <li>• Outreach programs</li> <li>• Help in understanding the legal and social service systems</li> <li>• A space for women to learn to trust each other and to become productive and confident in their own abilities.</li> <li>• Serves Yarmouth and Shelburne counties</li> </ul>	902-742-8689 (24 help line) 902-742-4473 (shelter admin) 902-742-0231 (outreach) 1-800-266-4087 (toll free)  <a href="http://www.juniperhouse.ca">www.juniperhouse.ca</a>  <a href="mailto:juniperhouse@eastlink.ca">juniperhouse@eastlink.ca</a>
<b>Open Arms/ Inn From the Cold</b>	Emergency winter shelter for women and men open during the winter months	902-365-3665  32 Cornwallis St, Kentville
<b>Open Arms S.A.F.E. House Program</b>	<ul style="list-style-type: none"> <li>• Provides Safe and affordable housing for people in transition</li> <li>• Operates three properties with a total of 16 rooms.</li> </ul>	902-365-3665  32 Cornwallis St, Kentville

VALLEY – YARMOUTH		
<b>Searidge Foundation</b>	<ul style="list-style-type: none"> <li>• Drug addiction treatment facility that supports individuals struggling with drug addiction dependencies.</li> <li>• Provides an elevated level of quality to recovery at an affordable cost.</li> <li>• Limited to 12 residents at a time</li> </ul>	1-866-777-9614 ( <i>toll free</i> )  3289 Evangeline Trail Annapolis Royal  <a href="mailto:info@searidge.org">info@searidge.org</a>  <a href="http://www.searidgedrugrehab.com">www.searidgedrugrehab.com</a>
<b>The Refuge</b>	A transitional housing community for men who are at risk of homelessness and who have the interest and ability, with support, to make positive change in their lives.	902-690-7091  437 Main St., Kentville  <a href="http://valleygate.org/index.php/ministries/the-refuge">valleygate.org/index.php/ministries/the-refuge</a>

## FINDING WORK – *free unless specified otherwise*

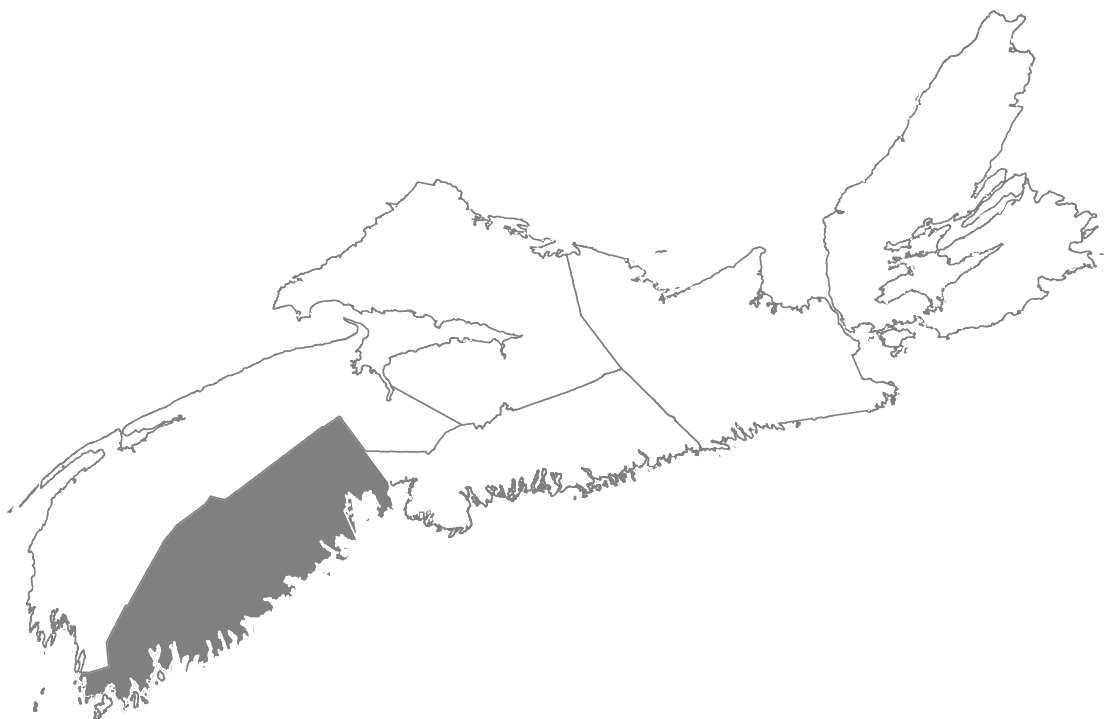
VALLEY – YARMOUTH		
<b>Avon Region Community Development Association</b>	Assist with job search, including resumes, job applications, interviewing, networking with employers	902-798-5627 80 Water St., Windsor Mall, Windsor <a href="http://www.arcda.ca">www.arcda.ca</a>
<b>Community Inclusion Society</b>	Assists persons with disabilities find employment, and employers find qualified employees Services include: <ul style="list-style-type: none"> <li>• Career exploration</li> <li>• Skills development</li> <li>• Job search support</li> <li>• Employment maintenance</li> <li>• Cell phone loan program</li> <li>• Interview clothing loan program</li> </ul>	902-679-7469 866-313-8267 ( <i>Toll Free</i> )  61 Webster St., Kentville  <a href="https://communityinc.ca">https://communityinc.ca</a>
<b>Conseil de développement économique de la Nouvelle-Écosse, Church Point</b>	Employment Services can help you to: <ul style="list-style-type: none"> <li>• Determine your needs with respect to career decision making, employment maintenance, job search and skills enhancement</li> <li>• Develop an action plan to return to the job market</li> <li>• Explore career possibilities and choose a career</li> <li>• Write a curriculum vitae and cover letter</li> <li>• Prepare for an interview</li> <li>• Become better acquainted with the local job market and government programs from which you could benefit</li> <li>• Prepare applications for Employment Nova Scotia programs</li> </ul>	902-769-3284  1649 Highway 1, Box 3, Church Point  <a href="http://www.cdene.ns.ca">www.cdene.ns.ca</a>

VALLEY – YARMOUTH		
<b>Conseil de développement économique de la Nouvelle-Écosse, Tuskent</b>	<i>See above</i>	902-648-0573 1 Slocumb Crescent, Tuskent
<b>Employment Opportunities Partnership</b>	<ul style="list-style-type: none"> <li>Assists with resume writing, cover letter writing, job search, and provides up to date labour market information to clients</li> <li>Support job seekers in finding and maintaining a job.</li> </ul>	902-245-1830  87 Warwick St., Digby  <a href="http://employmentopportunitiespartnership.ca">employmentopportunitiespartnership.ca</a>
<b>PeopleWorx, Annapolis Royal</b>	Offers job search assistance, help writing resumes and cover letters, and workshops Programs include: <ul style="list-style-type: none"> <li>Continuing Care Assistant program</li> <li>Annapolis Valley Work Centre 27 week employment skills program</li> </ul>	902-532-0605 866-609-9675 ( <i>Toll Free</i> )  253 St., George Street Annapolis Royal  <a href="http://peopleworx.ca">peopleworx.ca</a>
<b>PeopleWorx, Coldbrook</b>	<i>See above</i>	902-679-7460 866-609-9675 ( <i>Toll Free</i> )  11 Opportunity Lane, Coldbrook
<b>PeopleWorx, Middleton</b>	<i>See above</i>	902-825-3118 866-609-9675 ( <i>Toll Free</i> )  298 Marshall St., Middleton
<b>Southwest Employment Services, Yarmouth</b>	Assists with career planning, job searching and on-the-job development Services include: <ul style="list-style-type: none"> <li>Job search</li> <li>Applying for work</li> <li>Career exploration</li> <li>Training</li> </ul>	902-742-5859 866-868-9673 ( <i>Toll Free</i> ) Pier One Complex 103 Water St., Yarmouth
<b>Valley African Nova Scotia Development Association</b>	Offers job search supports, workshops and other skills enhancement programs	902-678-7410 866-313-8267 ( <i>Toll Free</i> ) 61 Webster St., Kentville <a href="http://vansda.ca">vansda.ca</a>

## EDUCATION SUPPORT – *free unless specified otherwise*

VALLEY – YARMOUTH		
<b>Annapolis Valley First Nations (AVFN)</b>	Call for details	902-538-7149 29 Toney Blvd. RR #2, Cambridge  <a href="mailto:gtoney331@gmail.com">gtoney331@gmail.com</a> <a href="http://avfn.ca">avfn.ca</a>
<b>Digby Area Learning Association</b>	Programs include: • Adult Learning Program, Levels 1, 2 & 3 • GED prep course • Free certification courses (First Aid, WHMIS, Food Safety, etc.) • Family Literacy program • Technology Help	902-245-7532  87 Warwick St., Digby  <a href="mailto:charlesc@dala.digby.ns.ca">charlesc@dala.digby.ns.ca</a>  <a href="http://www.dala.digby.ns.ca">www.dala.digby.ns.ca</a>
<b>Hants Learning Network Association</b>	Programs include: • Adult Learning Program, Levels 1, 2 and 3 • GED prep course • Family Literacy program • Technology Help	902-792-6754  90 Sanford Drive PO Box 2465, Windsor  <a href="mailto:kmccoubrey.hlina@hotmail.com">kmccoubrey.hlina@hotmail.com</a>  <a href="http://www.hantslearning.com">www.hantslearning.com</a>
<b>l'Équipe d'alphabétisation-Nouvelle-Écosse</b>	Call for details	902-648-0501 1-888-648-0501 ( <i>toll free</i> )  C.P. 59, 1, rue Slocumb, Tusket
<b>Nova Scotia School for Adult Learning</b>	Aims to improve the education and employment prospects of Nova Scotia's adults by promoting, developing, and funding adult literacy, essential skills, and upgrading programs in the province	902-679-6204  5 Shylah Dr., Unit 1 Kentville, NS B4N 0H2  <a href="mailto:rodney.franklin@novascotia.ca">rodney.franklin@novascotia.ca</a>
<b>Valley Community Learning Association</b>	Programs include: • English as a second language classes • GED prep courses • Adult Learning Program, levels 1 and 2 • Jump Start to Trades • One-on-one tutoring	902-679-5252 1-866-898-7323 ( <i>toll free</i> )  49 Cornwallis Street Suite 106, Kentville  <a href="mailto:vcla@eastlink.ca">vcla@eastlink.ca</a>  <a href="http://www.vcla.ca">www.vcla.ca</a>
<b>Yarmouth County Learning Network</b>	Programs include: • Adult Learning Program, levels 1 and 2 • Basic computer skills • GED prep course • One-on-one tutoring • Financial literacy	902-742-8151  3B – 101 Water Stree Box 20, Yarmouth <a href="mailto:juanita.bruneau.ycln@bellaliant.com">juanita.bruneau.ycln@bellaliant.com</a>  <a href="http://www.yarmouthcountylearningnetwork.org">www.yarmouthcountylearningnetwork.org</a>

# SOUTH SHORE



## COMMUNITY SUPPORTS AND CHILD CARE CENTRES

– free unless specified otherwise

SOUTH SHORE		
<b>Better Together Family Resource Centre</b>	<ul style="list-style-type: none"> <li>• Monday Cooking Groups</li> <li>• Crafting program</li> <li>• Dads Support Group</li> <li>• Drop In Programs</li> <li>• Tuesday Baby Club</li> <li>• Thursday Chill n Chat</li> <li>• Thursday Toddler Time</li> <li>• LaLeche League Mother to Mother Breastfeeding Support Group</li> </ul>	902-543-3119  821 King St., Unit 11 Bridgewater
<b>Department Of Community Services</b>	Income Assistance provides people in financial need with basic needs such as food, rent, heat and electricity and clothing. Employment Support Services helps people to become more self-sufficient.	902-637-2335 ( <i>general enquiries</i> ) 902-637-2337 ( <i>child welfare services</i> )  Shelburne District Office P. O. Box 9, Barrington
<b>Freeman House/ Family Services of Western Nova Scotia</b>	<ul style="list-style-type: none"> <li>• Community Hub Coordination and Case Management</li> <li>• Family Support</li> <li>• Men's Intervention</li> <li>• Family Court Supervised Access and Exchange</li> <li>• Nurse Practitioner Primary Health Care</li> <li>• Freeman House is a member of the local community Sexual Assault Services network</li> </ul>	902 543 7444 1 877 882 7722 ( <i>toll free</i> )  48 Empire St., Bridgewater
<b>Freeman House/ Family Services of Western Nova Scotia, Men's Intervention Program</b>	<ul style="list-style-type: none"> <li>• Individualized intervention addressing immediate risks within a coordinated community response</li> <li>• Preventive personal care plans informed by unique experience and the social determinants of health</li> <li>• Men's peer support, group programs and workshops</li> <li>• Individual and peer support addressing men's unique experiences of violence, sexual violence, and trauma</li> </ul>	Outreach sites are located in: <ul style="list-style-type: none"> <li>• Liverpool</li> <li>• Caledonia</li> <li>• Shelburne</li> <li>• Yarmouth</li> <li>• Digby</li> <li>• Middleton</li> <li>• Kentville</li> <li>• Windsor</li> </ul>
<b>King St., Family Resource Centre</b>	Offers programs for children, parents, families, and seniors	902-875-3256 1-800-563-3256 ( <i>toll free</i> )  35 King St., Shelburne

SOUTH SHORE		
<b>Queens Family Resource Centre</b>	<ul style="list-style-type: none"> <li>• Child-focused Programming</li> <li>• Day camps</li> <li>• Fun &amp; Learn with 4's</li> <li>• Play with me 3's</li> <li>• Parent-Focused Programming</li> <li>• Prenatal education sharing sessions</li> <li>• Parent Information Sessions</li> <li>• Breast Pump Lending Program</li> <li>• Family focused Programming</li> <li>• Baby Talk</li> <li>• Toddler Time</li> <li>• Tuesday Playgroup</li> <li>• Wednesday morning drop-in</li> <li>• North Queens Parent and Tot</li> <li>• Milton Playgroup</li> <li>• Port Mouton Playgroup</li> <li>• Infant Massage</li> <li>• Community Focused Programming</li> <li>• Special event days</li> <li>• Clothing exchange</li> </ul>	902-354-7176  40 Water St., Unit 2 P.O. Box 178, Liverpool
<b>Second Story Women's Centre</b>	Supports women and gender-oppressed people, provides safer spaces Services include: <ul style="list-style-type: none"> <li>• support,</li> <li>• counseling,</li> <li>• referrals,</li> <li>• personal development programs,</li> <li>• food security programs,</li> <li>• wellness programs,</li> <li>• youth programs, and</li> <li>• social opportunities for women, girls and other gender oppressed people</li> </ul>	902-640-3044  18 Dufferin St., Lunenburg  <a href="mailto:info@secstory.com">info@secstory.com</a>  <b>Hours of Operation</b> Monday – Thursday 10 am – 4 pm Friday from 10 am – 1 pm
<b>Society of St., Vincent de Paul, St., Joseph's Parish</b>	Assists families in need with food, power & fuel, rent, medical, travel and practical household items as donated by others	902-543-2184 ( <i>church office</i> ) 902-527-6431 ( <i>cell</i> )  123 Pleasant St., Bridgewater
<b>The Family Centre</b>	Offers programs for children, parents, families, and seniors	902 245 2300  1 Birch St., Digby  <a href="mailto:thefamilycentre1@bellaliant.com">thefamilycentre1@bellaliant.com</a>

SOUTH SHORE		
<b>YREACH</b>	<ul style="list-style-type: none"> <li>• Provides information, orientation and settlement support to Immigrants and Temporary Foreign Workers and their families</li> <li>• Community Orientation</li> <li>• Social Events and Recreational Opportunities</li> <li>• Referrals</li> <li>• Support in Accessing Services</li> <li>• Home and Work place Visitations for settlement support</li> <li>• Advocacy</li> <li>• Solution focused counselling</li> <li>• School visitations</li> <li>• Cultural awareness raising in school and community environment</li> <li>• Diversity presentations</li> </ul>	902-543-9622 75 High St., Bridgewater

## FOOD BANKS / SOUP KITCHENS / CLOTHING / FURNITURE – *free unless specified otherwise*

SOUTH SHORE		
<b>Bridgewater Interchurch Food Bank</b>	Food bank	902-543-1915 150 Churchill St., Bridgewater  <b>Hours of Operation:</b> Tuesday : 01:00 PM – 03:30 PM Friday : 01:00 PM – 03:30 PM
<b>Lighthouse Food Bank Society</b>	Food bank	902-275-5304 8 Tremont St., Chester  <b>Hours of Operation:</b> Wednesday : 09:30 AM – 12:30 PM
<b>Lunenburg Interchurch Food Bank</b>	Food bank	902-521-1078 136 Cumberland St., Lunenburg  <b>Hours of Operation:</b> Tuesday : 09:00 AM – 12:00 PM
<b>Mahone Bay Area Food Bank Association</b>	Food bank	902-624-0890 45 School St., Mahone Bay  <b>Hours of Operation:</b> Tuesday : 09:30 AM – 12:00 PM <i>(2nd and 4th of each month)</i>
<b>New Germany Area Food Bank</b>	Food bank	902-644-3336 5341 Upper Branch Rd., New Germany  <b>Hours of Operation:</b> Wednesday : 10:00 AM – 12:00 PM

SOUTH SHORE		
<b>Queens County Food Bank</b>	Food bank	902-354-4894 108 College St., Liverpool  <b>Hours of Operation:</b> Tuesday : 10:00 AM – 03:00 PM
<b>Salvation Army Bridgewater Community &amp; Family Services</b>	Food vouchers available once every 90 days for individuals who find themselves in an emergency situation	902-543-5471 215 Dominion St, Bridgewater
<b>Salvation Army Liverpool Community &amp; Family Services</b>	<i>See above</i>	902-354-3265 361 Main St, Liverpool
<b>Shelburne Loyalist Food Bank</b>	Food bank	902-875-3823 21 Anne St., Shelburne  <b>Hours of Operation:</b> Wednesday : 09:00 AM – 12:00 PM

## RESOURCES FOR YOUTH

*(UPPER AGE LIMITS VARY FROM 19-30) – free unless specified otherwise*

SOUTH SHORE		
<b>Freeman House/ Family Services of Western Nova Scotia</b>	Youth Outreach Program provides youth 16+ with: <ul style="list-style-type: none"> <li>• Drop in</li> <li>• Crisis management</li> <li>• Counselling</li> <li>• Programs and workshops</li> <li>• Referral support</li> <li>• Links to Mentoring</li> <li>• System support &amp; navigation</li> <li>• Housing support</li> <li>• Nurse Practitioner primary health care</li> <li>• Outreach: meeting youth where they are</li> </ul>	902 543 7444 1 877 882 7722 ( <i>toll free</i> )  48 Empire St., Bridgewater
<b>Youth Zone, Lunenburg County YMCA</b>	Offers a safe environment for youth aged 5-17 to take part in physical activity, challenging games, and meeting other youth/peer support.	902-543-9622  75 High St., Bridgewater  <a href="http://www.ymcalunenburgcounty.org">www.ymcalunenburgcounty.org</a>

## MENTAL, SEXUAL AND PHYSICAL HEALTH

– free unless specified otherwise

SOUTH SHORE		
<b>Addictions Wellness Clinic</b>	An ongoing, client-focused program that is based on what the client or group of clients want to work on that day. There is no waitlist or referral process. The client or family member simply walks in, meets with staff to form a care plan with them and then gets started.	902-634-8801  Fisherman's Memorial Hospital 14 High St., Lunenburg
<b>Alcoholics Anonymous (AA), South Shore</b>	Community support groups for those coping with alcohol addiction	902-543-5856 902-521-4620  <a href="mailto:district10@area82aa.org">district10@area82aa.org</a>
<b>Narcotics Anonymous (NA) – Central Nova Narcotics Anonymous</b>	Community support groups for those coping with drug addiction Meetings are offered in the following communities: Bridgewater	902-454-2913 (Meeting Information) 902-789-8323 (Help line)
<b>Second Story Women's Centre</b>	Offers assistance and support, including free counselling for individuals, during office hours	902-640-3044  18 Dufferin St., Lunenburg  <a href="mailto:info@secstory.com">info@secstory.com</a>  <b>Hours of Operation</b> Monday – Thursday 10 am – 4 pm Friday from 10 am – 1 pm
<b>Sexual Health Centre Lunenburg County</b>	Services include: <ul style="list-style-type: none"> <li>• Safer sex supplies (e.g., condoms, dams, lube, etc.)</li> <li>• Support, guidance and/or peer counselling for individuals</li> <li>• Educational programs and/or training workshops</li> </ul>	902-527-2868  109 Logan Rd., Unit 2, Bridgewater  <a href="mailto:lunco.ns.sexualhealth@gmail.com">lunco.ns.sexualhealth@gmail.com</a> <a href="http://www.sexualhealthlunenburg.com">www.sexualhealthlunenburg.com</a>

## LEGAL SUPPORT – *free unless specified otherwise*

SOUTH SHORE		
<b>Mi'kmaw Legal Support Network, South Shore</b>	Provides sustainable justice support system for all Mi'kmaw and Aboriginal people in the Nova Scotia justice system	902-467-0129 902-478-1597  <a href="mailto:hmeuse@mlsn.ca">hmeuse@mlsn.ca</a>
<b>Nova Scotia Legal Aid</b>	Offers free legal services to help adults and youth facing a range of legal issues. Assistance with criminal law, family law, CPP, Employment Insurance or Income Assistance	902-543-4658 1-866-543-4658 ( <i>toll free</i> )  202-141 High Street Bridgewater  <b>Hours of Operation</b> Mon-Fri 8:30am-4:40pm
<b>South Shore Community Justice Society</b>	<ul style="list-style-type: none"> <li>Provides restorative alternatives to the traditional court system for individuals in conflict with the law</li> <li>Provides mediation, facilitation and community education for groups and individuals who require help dealing with conflict</li> </ul>	902-543-1841  129 Aberdeen St, Suite 208 Bridgewater

## HOUSING INFORMATION – *free unless specified otherwise*

SOUTH SHORE		
<b>Freeman House/ Family Services of Western Nova Scotia</b>	Housing support program assists people 16+ secure and maintain housing by: <ul style="list-style-type: none"> <li>developing plans together</li> <li>enhancing life skills</li> <li>addressing barriers spanning the social determinants of health</li> <li>linking with local supports and services</li> <li>receiving followup support</li> </ul>	902 543 7444 1 877 882 7722 ( <i>toll free</i> )  48 Empire St., Bridgewater
<b>Western Regional Housing Authority Lunenburg County Bridgewater</b>	Provides affordable rental housing to families in need and offers rental rates based on income.	902-543-8200 1-888-845-7208 ( <i>toll free</i> ) 902-527-1357 ( <i>fax</i> )  Provincial Building 99 High St., Bridgewater  <b>Hours of Operation:</b> Mon- Fri 8:30am-4:30pm  <a href="http://housing.novascotia.ca">housing.novascotia.ca</a>

## SHELTERS / PLACES TO STAY – *free unless specified otherwise*

SOUTH SHORE		
Harbour House, Bridgewater	Short-term housing and counselling for women and children who are dealing with and trying to escape abuse	902-543-3999 (24 help line) 1-888-543-3999 (toll free) 902-543-3665 (shelter admin) 902-543-9970 (outreach)

## FINDING WORK – *free unless specified otherwise*

SOUTH SHORE		
<b>Employment Solutions, Bridgewater</b>	Help individuals with career planning, job searching and on-the-job development	902-543-2479 866-711-0411 (Toll Free)  215 Dominion St., Bridgewater  <a href="http://empsolutions.ca">empsolutions.ca</a>
<b>Employment Solutions, Caledonia</b>	See above	902-543-2479 (Call for office hours) 866-711-0411 (Toll Free)  North Queens Hub, 9793 Highway 8, Caledonia  North Queens Medical Centre 9698 Highway 8, Caledonia
<b>Employment Solutions, Chester</b>	See above	902-275-8178 (Call for office hours) 866-711-0411 (Toll Free)  Our Health Centre, 3769 Highway #3, Chester
<b>Employment Solutions, Hubbards</b>	See above	902-858-5627 (Call for office hours) 866-711-0411 (Toll Free)  10 Pte. Richard Green Lane, Hubbards
<b>Employment Solutions, Liverpool</b>	See above	902-356-2039 866-711-0411 (Toll Free)  176 Main St., Liverpool
<b>Southwest Employment Services, Barrington Passage</b>	Assists with career planning, job searching and on-the-job development Services include: • Job search • Applying for work • Career exploration • Training	902-637-3015 866-868-9673 (Toll Free)  3588 Highway 3, Barrington Passage
<b>Southwest Employment Services, Lockeport</b>	See above	902-875-6597 866-868-9673 (Toll Free)  26 North St., Lockeport

SOUTH SHORE		
<b>Southwest Employment Services, Shelburne</b>	See above	902-875-2200 866-868-9673 ( <i>Toll Free</i> )  25D King St., Shelburne
<b>Women Unlimited Association</b>	Helps unemployed and underemployed women explore, prepare for, obtain and maintain employment in the trades and technology fields.	902-527-1053  NSCC Lunenburg Campus 75 High St., Bridgewater  <b>Hours of Operation</b> Mon-Fri 9am-3pm <a href="mailto:jeannie.eisnor@nsc.ca">jeannie.eisnor@nsc.ca</a>

## EDUCATION SUPPORT – *free unless specified otherwise*

SOUTH SHORE		
<b>Adult Learning Program</b>	Offers the Nova Scotia high school graduation diploma for adults.	902-543-4608 75 High St., Bridgewater  <b>Hours of Operation</b> Mon- Fri 8am-4:30pm  <a href="mailto:lunenburg.info@nsc.ca">lunenburg.info@nsc.ca</a>  <a href="http://www.nsc.ca">www.nsc.ca</a>
<b>Employment Solutions Society Adult Learning Opportunities</b>	Programs include: <ul style="list-style-type: none"> <li>• Adult Learning Program, Levels 1 and 2</li> <li>• GED prep course</li> <li>• One-on-one tutoring</li> <li>• 9 Essential Skills</li> <li>• Basic computer skills</li> </ul>	902-543-2479 1-866-711-0411 ( <i>toll free</i> )  215 Dominion St, Bridgewater  <a href="mailto:mmatthews@empsolutions.ca">mmatthews@empsolutions.ca</a>  <a href="http://empsolutions.ca">empsolutions.ca</a>
<b>Nova Scotia School for Adult Learning</b>	Aims to improve the education and employment prospects of Nova Scotia's adults by promoting, developing, and funding adult literacy, essential skills, and upgrading programs in the province.	902-543-2376  270 Logan Rd., Bridgewater  <a href="mailto:tina.herman@novascotia.ca">tina.herman@novascotia.ca</a>
<b>Queens Learning Network</b>	Programs include: <ul style="list-style-type: none"> <li>• Adult Learning Program, Levels 1, 2 and 3</li> <li>• One-on-one tutoring</li> <li>• Family literacy</li> </ul>	902-354-3635  108 College Street PO Box 1156, Liverpool  <a href="mailto:queenslearning@ns.aliantzinc.ca">queenslearning@ns.aliantzinc.ca</a>  <a href="http://www.queenslearning.ca">www.queenslearning.ca</a>
<b>Shelburne County Learning Network</b>	Programs include: <ul style="list-style-type: none"> <li>• Adult Learning Program, Levels 1 and 2</li> <li>• GED prep course</li> <li>• Basic computer skills</li> <li>• 9 Essential Skills</li> </ul>	902-637-4333  3533 Hwy. #3, Barrington Passage  <a href="mailto:mgosbee.scln@gmail.com">mgosbee.scln@gmail.com</a>  <a href="http://shelburnelearning.org">shelburnelearning.org</a>

# **ANTIGONISH – PICTOU – GUYSBOROUGH**



## COMMUNITY SUPPORTS AND CHILD CARE CENTRES

– free unless specified otherwise

ANTIGONISH – PICTOU – GUYSBOROUGH		
<b>Antigonish Community Transit Society</b>	Facilities accessible and barrier-free transportation options for Antigonish Town and County residents	902-867-0411 133 Church Street Unit 105, Antigonish <a href="https://antigonishcts.ruralrides.ca">https://antigonishcts.ruralrides.ca</a>
<b>Antigonish Guysborough Early Childhood Intervention Program – Antigonish</b>	Early intervention for children from birth to school age who are developmentally delayed or at risk of becoming developmentally delayed, and support to their families  “The Parenting Journey” supports families facing children and youth behavioural challenges, ages 3-18. Home visits, toys and resource materials, parent support sessions, play groups.	Meetings: Please contact Barb Shea at 902-863-2298 or <a href="mailto:info@agecip.ca">info@agecip.ca</a> for more information.  <a href="http://www.nsnet.org/antigonish">www.nsnet.org/antigonish</a>  25 Bay Street, Antigonish
<b>Antigonish Women’s Resource Centre and Sexual Assault Service Association</b>	Services include support, counselling and assistance with: <ul style="list-style-type: none"> <li>• Sexual violence</li> <li>• Harassment and/or abuse</li> <li>• Poverty</li> <li>• Social assistance</li> <li>• Housing and tenancy rights</li> <li>• Employment and/or education</li> <li>• Separation and divorce</li> <li>• Custody maintenance and access</li> <li>• Health</li> <li>• Family and social relationship</li> <li>• Parenting</li> <li>• Newcomer support</li> </ul>	902-863-6221 1-877-880-7263 ( <i>toll free</i> ) 1-877-880-SANE ( <i>toll free, Sexual Assault Nurse Examiner</i> )  204 Kirk Place 219 Main Street Antigonish  <a href="http://awrcsasa.ca">awrcsasa.ca</a>
<b>Family Services of Eastern Nova Scotia, Antigonish</b>	Education, programming, resources, and transportation support including: <ul style="list-style-type: none"> <li>• Childhood injury prevention;</li> <li>• Disabilities, disorders, and/or health impairments</li> <li>• Family dynamics</li> <li>• healthy relationships;</li> <li>• Fathering; Health and/or nutrition;</li> <li>• High risk pregnancies;</li> <li>• Injury and/or special needs;</li> <li>• Literacy;</li> <li>• Lone parenting – male or female;</li> <li>• Mental health and well being;</li> <li>• New or first-time mothers</li> </ul>	902-863-2358  275 Main St., Suite 103 Antigonish  <a href="http://ensfamilyservice.ca">ensfamilyservice.ca</a>
<b>Family Services of Eastern Nova Scotia, New Glasgow</b>	<i>See above</i>	902-752-7562  115 McLean Street New Glasgow  <a href="http://ensfamilyservice.ca">ensfamilyservice.ca</a>

ANTIGONISH – PICTOU – GUYSBOROUGH		
<b>Kids First Association, Antigonish County</b>	<ul style="list-style-type: none"> <li>• Provides a full range of programs and support systems for families and children such as parent and tot drop-ins, parent education, readiness to learn, prenatal education, postnatal programs, home visiting, and more</li> <li>• Supports families with children 0-6</li> </ul>	902.863.3848  27 St., Andrew's St., Antigonish  <a href="mailto:antigonish@kids1st.ca">antigonish@kids1st.ca</a>  <a href="http://kids1st.ca">kids1st.ca</a>
<b>Kids First Association, Guysborough County</b>	<i>See above</i>	902.533.3881 1.866.533.3881 ( <i>toll free</i> )  105 Queen St., Guysborough  <a href="mailto:guysborough@kids1st.ca">guysborough@kids1st.ca</a>  <a href="http://kids1st.ca">kids1st.ca</a>
<b>Kids First Association, Pictou County</b>	<i>See above</i>	902.755-5437  110 Provost Street New Glasgow  <a href="mailto:pictou@kids1st.ca">pictou@kids1st.ca</a>  <a href="http://kids1st.ca">kids1st.ca</a>
<b>Pictou County Women's Resource &amp; Sexual Assault Centre</b>	Services include: <ul style="list-style-type: none"> <li>• Individual Support Counselling and Crisis Intervention</li> <li>• Information and Referral</li> <li>• Individual Advocacy and Accompaniment</li> <li>• Self Esteem Programs for Adult Women and Adolescent Girls</li> <li>• Job readiness/re-entry program</li> </ul>	902-755-4647 503 South Frederick St., New Glasgow <a href="mailto:pcwc@womenscentre.ca">pcwc@womenscentre.ca</a> <a href="http://www.womenscentre.ca">www.womenscentre.ca</a>

## FOOD BANKS / SOUP KITCHENS / CLOTHING / FURNITURE – *free unless specified otherwise*

ANTIGONISH – PICTOU – GUYSBOROUGH		
<b>Antigonish Community Food Bank</b>	Food bank	902-863-0611  166 College St., Antigonish  <b>Hours of Operation:</b> Tuesday : 09:30 PM – 11:30 PM Thursday : 01:00 PM – 03:00 PM
<b>Guysborough &amp; Area Food Bank Society</b>	Food bank	902-533-2248  9996 Highway 16, Guysborough  <b>Hours of Operation:</b> Thursday : 09:00 AM – 02:00 PM
<b>Pictou County (East) Food Bank</b>	Food bank	902-755-2906  410 Granville St, New Glasgow  <b>Hours of Operation:</b> Monday : 09:30 AM – 11:30 AM Wednesday : 09:30 AM – 11:30 AM Friday : 09:30 AM – 11:30 AM
<b>Pictou West Food Bank</b>	Food bank	902-485-8996  40 Water St., Pictou  <b>Hours of Operation:</b> Monday : 01:30 PM – 03:00 PM Wednesday : 01:30 PM – 03:00 PM Friday : 01:30 PM – 03:00 PM
<b>Salvation Army Westville Corps.</b>	Food bank	902-752-3299  134 James St., New Glasgow  <b>Hours of Operation:</b> Monday : 08:30 AM – 04:30 PM Tuesday : 08:30 AM – 04:30 PM Wednesday : 08:30 AM – 04:30 PM Thursday : 08:30 AM – 04:30 PM Friday : 08:30 AM – 04:30 PM
<b>St., Francis Xavier University Student Food Resource Centre (students only)</b>	Food bank	5555 Union Place, Antigonish  <b>Hours of Operation:</b> Monday : 09:10 AM – 05:30 PM Tuesday : 09:10 AM – 05:30 PM Wednesday : 09:10 AM – 05:30 PM Thursday : 09:10 AM – 05:30 PM Friday : 09:10 AM – 05:30 PM

## RESOURCES FOR YOUTH

(UPPER AGE LIMITS VARY FROM 19-30) – free unless specified otherwise

ANTIGONISH – PICTOU – GUYSBOROUGH		
<b>Big Brothers Big Sisters of Pictou County, Youth Outreach Program</b>	Available for youth (ages 16-18) that could benefit from the following services: crisis management, family work support, mentoring, advocating, provide/refer for counselling, ability for drop in location, facilitating programs and workshops, assistance accessing supports and services.	902-752-6260  74 Stellarton Rd., New Glasgow  <a href="mailto:bigbrothers@eastlink.ca">bigbrothers@eastlink.ca</a>
<b>New Leaf, Adolescent Male Program</b>	<ul style="list-style-type: none"> <li>• Collaborating with referral sources and scheduling appointments</li> <li>• Travelling to schools</li> <li>• Counselling one on one with adolescent males</li> <li>• Attending case conferences</li> </ul>	902-396-2440  1870-2 Main St., Westville  <a href="mailto:info@newleafpictoucounty.ca">info@newleafpictoucounty.ca</a>  <a href="http://www.newleafpictoucounty.ca">www.newleafpictoucounty.ca</a>
<b>Pictou County Roots for Youth</b>	<ul style="list-style-type: none"> <li>• Provide accommodation, guidance and mentorship to home-insecure youth aged 16-24</li> <li>• Offer temporary overnight accommodation for youth experiencing various levels of homelessness, as well as daily open drop-in sessions, counselling and advocacy, family mediation, and life skills programs covering a bRd., range of situations</li> </ul>	902-695-3241  603 East River Rd., New Glasgow  <a href="mailto:stacey@pictoucountyrootsforyouth.com">stacey@pictoucountyrootsforyouth.com</a>  <a href="https://pcrootsforyouth.ca">https://pcrootsforyouth.ca</a>

## MENTAL, SEXUAL AND PHYSICAL HEALTH

– free unless specified otherwise

ANTIGONISH – PICTOU – GUYSBOROUGH		
<b>ACTION Atlantic Chronic Pain Support Group, New Glasgow</b>	Groups provide information and support, help people develop coping strategies, and educates individuals living with chronic pain and their family members.	902-755-2337 <a href="http://paincantwait.weebly.com/">paincantwait.weebly.com/</a>
<b>Al-Anon &amp; Alateen</b>	<ul style="list-style-type: none"> <li>• Support groups for persons whose lives have been affected by the alcoholism of a family member of friend.</li> <li>• Can provide referrals to groups across NS</li> </ul>	902-897-8604  <i>District 6: Truro, Pictou, New Glasgow, Trenton and surrounding areas</i>
<b>Alcoholics Anonymous (AA), Pictou, Antigonish &amp; Guysborough</b>	Community support groups for those coping with alcohol addiction	902-870-4015  <a href="mailto:district7@area82aa.org">district7@area82aa.org</a>

## ANTIGONISH – PICTOU – GUYSBOROUGH

<b>Family Services of Eastern Nova Scotia, Men's Health Centre</b>	<ul style="list-style-type: none"> <li>• Provides the following health services for males 12 and older:</li> <li>• Physical Health: Individual check-ups, Cancer screening, Healthy heart check-ups, Blood pressure and cholesterol testing</li> <li>• Mental and Emotional Health: Relationship counselling, Fatherhood resources and support, Addictions programs, Management of stress, anxiety, or depression, Support while coping with life changes</li> <li>• Sexual Health: STI screening, HIV testing, Gender and sexuality counselling, Sexual orientation and expression counselling, Sexual victimization resources</li> <li>• Navigation: Helping to find shelter and other basic resources, Helping with questions around social assistance, legal system, employment services</li> <li>• Socialization: Chatting, Walking</li> <li>• Referral to other services</li> </ul>	<p>902-863-2358 1-866-330-5952 (<i>toll free</i>)</p> <p>275 Main St., Suite 103 Antigonish</p>
<b>Lindsay's Health Centre, Antigonish Women's Resource Centre and Sexual Assault Service Association</b>	<p>Provides collaborative woman-centered primary health care programs and services for women and adolescent girls</p> <p>Services are provided by a multi-disciplinary team that includes</p> <ul style="list-style-type: none"> <li>• Mental Health Services, Addictions Services, Public Health Services, the Women's Centre, a physician and a nurse practitioner</li> <li>• Programs include:</li> <li>• Talking with your Kids about Substance Abuse, Sexuality, Depression</li> <li>• Managing Stress</li> <li>• Healthy Aging</li> <li>• Tobacco Cessation</li> <li>• Crisis and Problem-Solving Support</li> <li>• Women and Addiction</li> </ul>	<p>902-863-6221</p> <p>204 Kirk Place 219 Main Street Antigonish</p>
<b>Narcotics Anonymous (NA) – Central Nova Narcotics Anonymous</b>	<p>Community support groups for those coping with drug addiction</p> <p>Meetings are offered in the following communities: Antigonish, New Glasgow</p>	<p>902-454-2913 (<i>Meeting Information</i>) 902-789-8323 (<i>Help line</i>)</p>
<b>New Leaf Men's Intervention Program</b>	<ul style="list-style-type: none"> <li>• Provides group sessions for those who are struggling with their behaviours in their intimate relationships.</li> <li>• Eligibility: Men who have been struggling with developing and maintaining healthy intimate relationships</li> </ul>	<p>902-396-2440</p> <p>1870-2 Main St., Westville</p> <p><a href="mailto:info@newleafpictoucounty.ca">info@newleafpictoucounty.ca</a></p> <p><a href="http://www.newleafpictoucounty.ca">www.newleafpictoucounty.ca</a></p>

ANTIGONISH – PICTOU – GUYSBOROUGH		
<b>Northern Healthy Connections Society, Mobile Outreach Services- Pictou County</b>	<ul style="list-style-type: none"> <li>• Offered every second Wednesday</li> <li>• Meets clients where they are at</li> <li>• Supportive counselling, assistance understanding and navigating social service systems</li> <li>• Referral to other services such as food banks/ health professionals</li> <li>• Free condoms, needle exchange, referrals to family physicians and HIV/HCV specialists</li> </ul> <p><i>*Eligibility: those affected with HIV/Aids, hepatitis C, sexually transmitted infections or other blood borne pathogens and their support people</i></p>	902-895-0931 902-956-3965
<b>Pictou County Sexual Health Centre</b>	Services include: <ul style="list-style-type: none"> <li>• Safer sex supplies (e.g., condoms, dams, lube, etc.)</li> <li>• Support, guidance and/or peer counselling for individuals</li> <li>• Educational programs and/or training workshops</li> </ul>	902 695-3366  279 Foord St., Stellarton

## LEGAL SUPPORT– *free unless specified otherwise*

ANTIGONISH – PICTOU – GUYSBOROUGH		
<b>John Howard Restorative Justice (North Eastern Region)</b>	Program focuses on repairing harm done by the offence, reintegrating the offender into the community, and achieving a sense of healing for both the victim and the community	902-396-1999 ext.151  2042 Queen St., Unit #4 RR 2, Westville  <a href="mailto:susan.hughes@ns.johnhoward.ca">susan.hughes@ns.johnhoward.ca</a>
<b>Mi'kmaw Legal Support Network, Antigonish, Pictou, and Guysborough Counties</b>	Provides sustainable justice support system for all Mi'kmaw and Aboriginal people in the Nova Scotia justice system	902-895-1145 902-324-1090  <a href="mailto:ccoalcuic@mlsn.ca">ccoalcuic@mlsn.ca</a>
<b>Nova Scotia Legal Aid Antigonish</b>	<ul style="list-style-type: none"> <li>• Offers free legal services to help adults and youth facing a range of legal issues. Assistance with criminal law, family law, CPP, Employment Insurance or Income Assistance</li> </ul>	902-863-3350 1-866-439-1544 ( <i>toll free</i> )  70 West Steet, Suite 2 Antigonish  <b>Hours of Operation</b> Mon-Fri 8:30am-4:40pm
<b>Nova Scotia Legal Aid New Glasgow</b>	<i>See above</i>	902-755-7020 1-877-755-7020 ( <i>toll free</i> )  116 George Street New Glasgow  <b>Hours of Operation</b> Mon-Fri 8:30am-4:40pm

## HOUSING INFORMATION – *free unless specified otherwise*

ANTIGONISH – PICTOU – GUYSBOROUGH		
<b>Antigonish Women's Resource Centre, Antigonish Affordable Housing Project</b>	Call or email for more information	902-863-6221  204 Kirk Place 219 Main St., Antigonish  <a href="mailto:info@awrcsasa.ca">info@awrcsasa.ca</a> <a href="http://awrcsasa.ca">awrcsasa.ca</a>
<b>Eastern Mainland Housing Authority (Antigonish, Guysborough &amp; Pictou Counties)</b>	Offers programs to help lower income households rent and maintain safe and affordable housing. Also offers grants and loans for home repairs and additions as well as mortgage funds and grants to help purchase or build modest houses.	902- 752-1225 7 Campbell's Lane New Glasgow, NS B2H 2H9
<b>First Baptist Shelter</b>	Serves as a temporary shelter one night a week for men and women over the age of 24 who are experiencing homelessness.	896 East River Road New Glasgow  <b>Hours of Operation:</b> Open from 7pm Wednesday night to 7am Thursday morning
<b>Pictou County Housing Toolkit</b>	Online resource specifically based on the Pictou County area provided by the Pictou-Antigonish Regional Library	Available at <a href="http://www.parl.ns.ca/projects/healthroom/housing.php">www.parl.ns.ca/projects/healthroom/housing.php</a>

## SHELTERS / PLACES TO STAY – *free unless specified otherwise*

ANTIGONISH – PICTOU – GUYSBOROUGH		
<b>Naomi Society, Antigonish</b>	Short-term housing and counselling for women and children who are dealing with and trying to escape abuse	902-863-3807
<b>Tearmann House, New Glasgow</b>	Short-term housing and counselling for women and children who are dealing with and trying to escape abuse	902-752-0132 (24 hr help line) 902-752-1633 (shelter) 1-888-831-0330 (toll free)  <a href="http://tearmann.ca">tearmann.ca</a>

## FINDING WORK – free unless specified otherwise

ANTIGONISH – PICTOU – GUYSBOROUGH		
<b>Career Connections, Antigonish</b>	Services include: <ul style="list-style-type: none"> <li>• Job Search Assistance</li> <li>• Help with Resumes, Cover Letters, and Interview Skills</li> <li>• Free Wifi Access</li> <li>• Mock Interviews</li> <li>• Case Management/Career Counselling</li> <li>• Free Workshops</li> <li>• Employment Nova Scotia Funding Programs Information</li> <li>• Access to the latest Labour Market Information</li> <li>• Access to Regular Desktop and Fully Accessible Computers</li> </ul>	844-344-1369 (Toll Free) 50 James St., Antigonish  <a href="http://www.careerconnections.ca">www.careerconnections.ca</a>
<b>Career Connections, Canso</b>	See above	844-344-1369 (Toll Free) 990 Union St., Canso
<b>Career Connections, Guysborough</b>	See above	844-344-1369 (Toll Free)  9996 Highway 16, Unit C Chedabucto Centre, Guysborough
<b>Career Connections, New Glasgow</b>	See above	844-344-1369 (Toll Free)  138 Campbell St., Unit 202 New Glasgow
<b>Career Connections, Sherbrooke</b>	See above	844-344-1369 (Toll Free)  Municipality of the District of St., Mary's, 8296 Hwy #7 P.O. Box 296 , Sherbrooke

## EDUCATION SUPPORT – *free unless specified otherwise*

ANTIGONISH – PICTOU – GUYSBOROUGH		
<b>Antigonish County Adult Learning Association</b>	Programs include: <ul style="list-style-type: none"> <li>• Adult Learning Program, Levels 1 and 2</li> <li>• GED prep courses</li> <li>• Computer skills</li> <li>• English as a second language classes</li> <li>• 9 Essential Skills</li> <li>• Seniors literacy</li> <li>• Family literacy</li> </ul>	902-863-3060  The People's Place Library 283 Main St., Antigonish  <a href="mailto:acala@srsb.ca">acala@srsb.ca</a> <a href="http://www.acalalearn.ca">www.acalalearn.ca</a>
<b>Guysborough County Adult Learning Association</b>	Programs include: <ul style="list-style-type: none"> <li>• Adult Learning Program, Levels 1, 2 &amp; 3</li> <li>• 9 Essential Skills</li> <li>• Seniors literacy</li> <li>• Family literacy</li> </ul>	902-533-4252  9996 Chedabucto Mall, Hwy 16, Guysborough County  <a href="mailto:adultlearning@ns.sympatico.ca">adultlearning@ns.sympatico.ca</a> <a href="http://www.guysboroughlearning.ca">www.guysboroughlearning.ca</a>
<b>Pictou County Continuous Learning Association</b>	Programs include: <ul style="list-style-type: none"> <li>• Adult Learning Program, Levels 1 and 2</li> <li>• GED prep course</li> <li>• Pre-GED courses</li> <li>• Employment readiness</li> </ul>	902-755-5827 174 Archimedes St., New Glasgow  <a href="mailto:cnemecek@piccola.ca">cnemecek@piccola.ca</a>  <a href="http://www.piccola.ca">www.piccola.ca</a>

# CAPE BRETON



## COMMUNITY SUPPORTS AND CHILD CARE CENTRES

– free unless specified otherwise

CAPE BRETON		
<b>Cornerstone Cape Breton Association</b>	Focus on healthy relationships and emotional support and education Offers programs to support men, youth, and communities including: <ul style="list-style-type: none"> <li>• Respectful relationships</li> <li>• Circle of Men Drop-in Group</li> <li>• Options to Anger</li> <li>• Domestic Violence Court programs</li> </ul>	902-567-0979 1-855-567-0979 ( <i>toll free</i> )  440 George Street Suite MM220, Sydney  <a href="http://www.cornerstonecb.ca">www.cornerstonecb.ca</a>  <a href="mailto:connect@cornerstonecb.ca">connect@cornerstonecb.ca</a>
<b>Elizabeth Fry Society of Cape Breton</b>	Services include: <ul style="list-style-type: none"> <li>• Court Accompaniment Program</li> <li>• The Self-Esteem Program (Stoplifting Intervention)</li> <li>• Information Sessions</li> <li>• Women 4 Change (Anger Management)</li> <li>• Domestic Violence Workshops</li> <li>• Conflict Management Program</li> <li>• Healthy Relationships</li> <li>• The Abundance Program (employment readiness)</li> </ul>	902-539-6165  16 Cecelia Levatte Cres., Sydney
<b>Eskasoni Crisis Line</b>	Provides a 24-hour crisis intervention and support phone line to Mi'kmaw people in Eskasoni.	1-855-379-2099 ( <i>toll free</i> )
<b>Every Woman's Centre</b>	Promotes the economic cultural, social and educational interest of women and to initiate and promote programs for the improvement of the physical, emotional, and social welfare of women	902-567-1212  21 Trinity Ave., Sydney
<b>Family Place Family Resource – Centre Victoria County – North of Smokey</b>	Education, programming, resources, and transportation support including: <ul style="list-style-type: none"> <li>• Childhood injury prevention;</li> <li>• Disabilities, disorders, and/or health impairments</li> <li>• Family dynamics</li> <li>• healthy relationships;</li> <li>• Fathering; Heath and/or nutrition;</li> <li>• High risk pregnancies;</li> <li>• Injury and/or special needs;</li> <li>• Literacy;</li> <li>• Lone parenting – male or female;</li> <li>• Mental health and well being;</li> <li>• New or first-time mothers</li> </ul>	902-336-2208  678 New Haven Road Neil's Harbour
<b>Family Place Family Resource – Victoria County – South of Smokey</b>	See above	902-295-2956  486 Chebucto St., Baddeck

CAPE BRETON		
<b>Family Place Family Resource Centre – Cape Breton Regional Municipality</b>	<i>See above</i>	902-562-5616  714 Alexandra St., Sydney
<b>Family Place Family Resource Centre – Port Hawkesbury</b>	<i>See above</i>	902-625-1496  57 Tamarac Drive Port Hawkesbury
<b>Strait Area Women's Place</b>	<ul style="list-style-type: none"> <li>• Offers a friendly, safe and non judgemental environment for women and adolescent girls to access support, to meet new people and to learn new skills.</li> <li>• Provides services that include supportive counselling, information, advocacy, referrals, parenting support, and accompaniment to legal and medical appointments</li> </ul>	902-625-1614  609 Church St., Suite 104 Port Hawkesbury  <a href="http://straitareawomensplace.blogspot.ca/">straitareawomensplace.blogspot.ca/</a>

## FOOD BANKS / SOUP KITCHENS/ CLOTHING/ FURNITURE— *free unless specified otherwise*

CAPE BRETON		
<b>Ally Centre of Cape Breton</b>	<i>Food bank Drop-in Snack service</i>	902-539-5556  150 Bentinck St., Sydney  <b>Hours of Operation</b> Monday : 09:30AM – 12:45 PM Tuesday : 09:30 AM – 12:45 PM Wednesday : 09:30 AM – 12:45 PM Thursday : 06:00 PM – 07:45 PM Friday : 09:30 AM – 12:45 PM
<b>Barra Food Bank Society</b>	<i>Food bank</i>	902-725-2867  40 Celtic Court, Iona  <b>Hours of Operation</b> Friday : 09:00 AM – 05:00 PM
<b>CAW Louisbourg Food Bank Society</b>	<i>Food bank</i>	902-733-3600  7403 Main St, Louisbourg  <b>Hours of Operation</b> Friday : 01:00PM – 03:00 PM

CAPE BRETON		
<b>Glace Bay Food Bank Society</b>	<i>Food bank</i>	902-849-0750 2 Hector St., Glace Bay  <b>Hours of Operation</b> Monday : 08:00 AM – 03:00 PM Tuesday : 08:00 AM – 03:00 PM Wednesday : 08:00 AM – 03:00 PM Thursday : 08:00 AM – 03:00 PM Friday : 08:00 AM – 01:00 PM
<b>Helping Hands South of Smokey</b>	Food bank	902-295-1847 528 Chebucto St, Baddeck  <b>Hours of Operation</b> Wednesday : <i>Second Wednesday of every month</i>
<b>Inner City Churches – Loaves and Fishes Society</b>	- Meal Program	902-539-5182 139 Charlotte St., Sydney  <b>Hours of Operation</b> Monday : 10:00 AM – 12:00 PM Tuesday : 10:00 AM – 12:00 PM Wednesday : 10:00 AM – 12:00 PM Thursday : 10:00 AM – 12:00 PM Friday : 10:00 AM – 12:00 PM Saturday : 10:00 AM – 12:00 PM Sunday : 10:00 AM – 12:00 PM
<b>Isle Madame Food Bank</b>	Food bank	902-594-2525 1460 Highway 206, West Arichat  <b>Hours of Operation</b> Wednesday : 01:00 PM – 03:00 PM
<b>North Sydney Community Food Bank</b>	Food bank	902-794-1104 10 Station St., North Sydney  <b>Hours of Operation</b> Monday : 09:00 AM – 12:00 PM Tuesday : 09:00 AM – 12:00 PM Wednesday : 09:00 AM – 12:00 PM Thursday : 09:00 AM – 1:00 PM Friday : 09:00 AM – 04:00 PM
<b>Port Hawkesbury Food Bank Society</b>	Food bank	902-625-3255 514 Granville St, Port Hawkesbury  <b>Hours of Operation</b> Tuesday : ALL DAY
<b>Port Hood Food Bank</b>	Food bank	902-787-3124 263 Main St., Port Hood,  <b>Hours of Operation</b> Sunday : 09:30 AM – 12:00 PM

CAPE BRETON		
<b>Salvation Army Sydney Community Church</b>	Food bank	902-562-5442 55 Inglis St., Sydney  <b>Hours of Operation</b> Tuesday : 09:00 AM – 11:30 AM Friday : 09:00 AM – 11:30 AM
<b>St., Theresa's Food and Clothing Depot</b>	Food bank	902-564-9235 7 High St, Sydney  <b>Hours of Operation</b> Monday : 10:00 AM – 03:00 PM Tuesday : 10:00 AM – 03:00 PM Wednesday : 10:00 AM – 03:00 PM Thursday : 10:00 AM – 03:00 PM Friday : 10:00 AM – 03:00 PM Saturday : 10:00 AM – 03:00 PM
<b>SVDP Society St., Leonards</b>	Food bank	902-862-3770 3208 Mount Carmel Ave, New Waterford  <b>Hours of Operation</b> Tuesday : 09:00 AM – 12:00 PM Friday : 09:00 AM – 12:00 PM
<b>Sydney Mines Food Bank Society</b>	Food bank	902-544-1247 63 MacDonald Rd, Millville  <b>Hours of Operation</b> Thursday : 01:00 PM – 03:00 PM

## RESOURCES FOR YOUTH

(UPPER AGE LIMITS VARY FROM 19-30) – free unless specified otherwise

CAPE BRETON		
<b>Children at the Critical Hour (CATCH) program, Island Community Justice Society</b>	<ul style="list-style-type: none"> <li>• Early intervention program to foster healthier behaviours and relationships</li> <li>• Catch is a gathering of the child, his/her support person(s), the community and/or the person(s) harmed, to respond to the child's needs and develop a plan of reparation.</li> </ul>	902-563-2596 360 Prince St., Suite 13, Sydney <a href="mailto:icjs@syd.eastlink.ca">icjs@syd.eastlink.ca</a>
<b>Educational Program Innovations Charity Society</b>	<ul style="list-style-type: none"> <li>• Programs include:</li> <li>• Youth Peer provides a supportive place for at-risk youth, ages 9-18, to be tutored and mentored</li> <li>• Breakthrough is an once-a-week, evening program for current and former Youth Peer participants</li> <li>• The Parents PEACE Program provides an educational and supportive program for parents who wish to improve the relationship they have with their child</li> </ul>	902 794-7225 902 539-8228  290 Whitney Ave., Sydney  <a href="mailto:epiccharity@gmail.com">epiccharity@gmail.com</a> <a href="http://www.epiccharity.com/contact">www.epiccharity.com/contact</a>

CAPE BRETON		
<b>Family Service of Eastern Nova Scotia, Youth Outreach Program, Glace Bay</b>	Community based program designed to improve the immediate and long term social, educational, vocational, economic, and health outcomes for youth. Core services include: <ul style="list-style-type: none"> <li>• Drop-in</li> <li>• Crisis management</li> <li>• Supportive counselling</li> <li>• Programs/workshops</li> <li>• Referrals/linkages</li> <li>• Mentoring</li> <li>• Accompaniment</li> <li>• Outreach</li> <li>• Family work/support</li> </ul>	902-849-4772 1-866-330-5952 ( <i>toll free</i> )  9 Minto St., Glace Bay  <a href="mailto:familyservice@fsens.ns.ca">familyservice@fsens.ns.ca</a>  <a href="http://www.ensfamilyservice.ca">www.ensfamilyservice.ca</a>
<b>Family Service of Eastern Nova Scotia, Youth Outreach Program, Port Hawkesbury</b>	<i>See above</i>	902-625-0131 1-866-330-5952 ( <i>toll free</i> )  218 MacSween St., 3rd Floor, Port Hawkesbury  <a href="mailto:familyservice@fsens.ns.ca">familyservice@fsens.ns.ca</a>  <a href="http://www.ensfamilyservice.ca">www.ensfamilyservice.ca</a>
<b>Undercurrent Youth Centre, Glace Bay</b>	Offers after school programs for children and youth from the surrounding area	902 849 7559 224 York St., Glace Bay <a href="http://undercurrentyc.com">undercurrentyc.com</a>
<b>Undercurrent Youth Centre, Sydney</b>	<i>See above</i>	902 849 7559 75 Prince St., Sydney
<b>Youth Project Cape Breton</b>		902 578-5801  440 George St, Sydney  <a href="mailto:madonna@youthproject.ns.ca">madonna@youthproject.ns.ca</a>

## MENTAL, SEXUAL AND PHYSICAL HEALTH

– *free unless specified otherwise*

CAPE BRETON		
<b>Alcoholics Anonymous (AA), Cape Breton County</b>	Community support groups for those coping with alcohol addiction.	902-270-6377 <a href="mailto:district9@area82aa.org">district9@area82aa.org</a>
<b>Alcoholics Anonymous (AA), Inverness, Victoria &amp; Richmond Counties</b>	<i>See above</i>	(647)969-8840 <a href="mailto:district8@area82aa.org">district8@area82aa.org</a>
<b>Alcoholics Anonymous (AA), Port Hawkesbury</b>	<i>See above</i>	902-870-4015 <a href="mailto:district5@area82aa.org">district5@area82aa.org</a>

CAPE BRETON		
<b>ACTION Atlantic Chronic Pain Support Group, North Sydney</b>	Groups provide information and support, help people develop coping strategies, and educates individuals living with chronic pain and their family members.	902-739-8227 902-578-8957  Wilfred Oram Centennial Library, 309 Commercial St., North Sydney  <a href="https://paincantwait.weebly.com/">https://paincantwait.weebly.com/</a>
<b>The ALLY Centre of Cape Breton (formerly the AIDS Coalition of Cape Breton)</b>	<ul style="list-style-type: none"> <li>• Anonymous testing</li> <li>• Sharp Advice Needle Exchange (safe injection equipment)</li> <li>• public education workshops</li> <li>• treatment information and emotional/financial support for people living with HIV/AIDS</li> <li>• LGBT Resource Centre</li> <li>• Drop-in centre (8:30-12:00 and again from 2:00-4:30 every weekday)</li> <li>• Phone and internet access is available and staff are present to answer questions about sexual and drug user health</li> </ul>	902-567-1766  150 Bentinck Street Sydney  <a href="http://www.allycentreofcapebreton.com">www.allycentreofcapebreton.com</a>
<b>Bereaved Families of Cape Breton – Glace Bay</b>	<ul style="list-style-type: none"> <li>• Support and information for those who are bereaved</li> <li>• Resource centre, monthly ‘support and share’ groups offering peer support, structured support groups and more.</li> </ul>	Meetings: 4th Wednesday of every month from 7-9:00 pm at Town House, 150 Commercial St., Glace Bay  Contact Lorraine McNeil at 902-564-6795 <a href="mailto:infobf@seaside.ns.ca">infobf@seaside.ns.ca</a> <a href="http://www.cbhelp.ca">www.cbhelp.ca</a>
<b>Bereaved Families of Cape Breton – New Waterford</b>	<ul style="list-style-type: none"> <li>• Support and information for those who are bereaved</li> <li>• Resource centre, monthly ‘support and share’ groups offering peer support, structured support groups and more.</li> </ul>	Meetings: 3rd Wednesday of every month from 7-9:00 pm at Saint Leonard’s Pastoral Centre, 5310 Union Highway, River Ryan. New Waterford  Contact Lorraine McNeil at 902-564-6795 <a href="mailto:infobf@seaside.ns.ca">infobf@seaside.ns.ca</a> <a href="http://www.cbhelp.ca">www.cbhelp.ca</a>
<b>Canadian Mental Health Association – Cape Breton Branch</b>	Acts as a networking and reference point for people with mental health issues and provides referrals to mental health resources. <i>Please note that these are NOT clinical referrals.</i>	902-567-7735  1482 George St., Sydney  <a href="mailto:colleentobin@ns.sympatico.ca">colleentobin@ns.sympatico.ca</a>
<b>Narcotics Anonymous (NA) – Central Nova Narcotics Anonymous</b>	<ul style="list-style-type: none"> <li>• Community support groups for those coping with drug addiction</li> <li>• Meetings are offered in the following communities: Eskasoni, Glace Bay, Sydney, Sydney Mines, Whycocomagh</li> </ul>	902-454-2913 (Meeting Information) 902-789-8323 (Help line)

CAPE BRETON		
<b>Cape Breton Centre for Sexual Health</b>	<ul style="list-style-type: none"> <li>• Services include:</li> <li>• Safer sex supplies (e.g., condoms, dams, lube, etc.)</li> <li>• Support, guidance and/or peer counselling for individuals</li> <li>• Educational programs and/or training workshops</li> </ul>	902-539 5158  440 George St., Sydney  <a href="mailto:pp.cb@bellaliant.com">pp.cb@bellaliant.com</a>
<b>Eskasoni Community Health Centre</b>	Provides a wide range of primary care services as well as the following health programs and services: <ul style="list-style-type: none"> <li>• Blood collection</li> <li>• Community health nursing</li> <li>• Maternal child health</li> <li>• Headstart program</li> <li>• Diabetic clinic</li> <li>• Nutrition</li> <li>• Home and community care</li> <li>• Pharmacy services</li> <li>• Liaison interpreter</li> <li>• Medical transportation</li> </ul>	902-379-2500 ( <i>Primary Care</i> ) 902-379-1357 ( <i>Homecare</i> ) 902-379-2232 ( <i>Headstart</i> ) 902-379-1301 ( <i>Prenatal</i> ) 902-379-3200 ( <i>General Inquiries</i> ) 902-379-1029 ( <i>Pharmacy</i> )  15 Medicine Trail, Eskasoni  <a href="mailto:info@eskasonihealth.ca">info@eskasonihealth.ca</a>  <a href="http://www.eskasonihealth.ca">www.eskasonihealth.ca</a>
<b>Eskasoni Mental Health and Social Work Service</b>	Provides: <ul style="list-style-type: none"> <li>• Individual, group, family clinical support services (anger, grief, stress)</li> <li>• Educational programs</li> <li>• Workshops</li> <li>• Parenting programs</li> <li>• Mi'kma'q Men's Intervention Domestic Violence Program</li> </ul>	902-379-2910  30 Medicine Trail, Eskasoni
<b>Family Services of Eastern Nova Scotia, Glace Bay</b>	Provides counselling to individuals, couples, children, youth, families	902-849-4772 9 Minto St., Glace Bay
<b>Family Services of Eastern Nova Scotia, Inverness</b>	<i>See above</i>	902-625-0131
<b>Family Services of Eastern Nova Scotia, Port Hawkesbury</b>	<i>See above</i>	902-625-0131 218 MacSween Street Suite 34, Port Hawkesbury
<b>Family Services of Eastern Nova Scotia, Sydney</b>	<i>See above</i>	902-539-6868 295 George St., Suite 302 Sydney
<b>Town House Community Friends – Glace Bay</b>	Community Friends is a social group of people who may have limited opportunities for social activities due to emotional or other illnesses. The group meets weekly throughout the year for activities such as bowling, darts, crafts, music and guest speakers.	Meetings: Mondays at 1:30 pm, (except in July and August). Please call 902-849-2449 for more information.  <a href="http://www.townhousegb.ca">www.townhousegb.ca</a>

## LEGAL SUPPORT – *free unless specified otherwise*

CAPE BRETON		
<b>Island Community Justice Society, Sydney Office</b>	<ul style="list-style-type: none"> <li>Provides restorative alternatives to the traditional court system for individuals in conflict with the law</li> <li>Provides mediation, facilitation and community education for groups and individuals who require help dealing with conflict</li> </ul>	902-563-2596 902-563-5699  360 Prince St., Suite 13, Sydney  <a href="mailto:icjs@syd.eastlink.ca">icjs@syd.eastlink.ca</a>  <a href="https://sites.google.com/view/island-community-justice/home">https://sites.google.com/view/island-community-justice/home</a>
<b>Island Community Justice Society, Inverness/Richmond County Office</b>	See above	902-625-7912 902-625-7913  218 MacSween St., Suite 305, Port Hawkesbury  <a href="mailto:iricjs@ns.sympatico.ca">iricjs@ns.sympatico.ca</a>  <a href="https://sites.google.com/view/island-community-justice/home">https://sites.google.com/view/island-community-justice/home</a>
<b>Mi'kmaw Legal Support Network, Cape Breton</b>	Provides sustainable justice support system for all Mi'kmaw and Aboriginal people in the Nova Scotia justice system	902-379-2042 902-574-3504  <a href="mailto:jgoogoo@mlsn.ca">jgoogoo@mlsn.ca</a>

## HOUSING INFORMATION – *free unless specified otherwise*

CAPE BRETON		
<b>Cape Breton Community Housing Association</b>	Cape Breton Community Housing Association provides residential services and rehabilitative programs for persons with mental illness.	902-539-0025 50 Dorchester Street 2nd Floor, Sydney <a href="mailto:communityhousing@cbcha.ca">communityhousing@cbcha.ca</a>
<b>Housing First CBRM</b>	<ul style="list-style-type: none"> <li>Supports individuals 16 years and older who have experienced homelessness or housing instability and are experiencing vulnerabilities in multiple areas of their life</li> <li>Aims to quickly move individuals experiencing homelessness and housing instability into permanent housing and then provides them with additional supports as needed</li> </ul>	902-270-6217 50 Dorchester Street 2nd Floor, Sydney <a href="mailto:cory.macleod@cbcha.ca">cory.macleod@cbcha.ca</a>

## SHELTERS/ PLACES TO STAY– free unless specified otherwise

CAPE BRETON		
<b>Almost Home Women's Shelter, Every Woman's Centre</b>	Provides a shelter for women who are homeless for up to five months and a short term emergency shelter when available.	902-567-1212 21 Trinity Ave., Sydney
<b>Cape Breton Transition House, Sydney</b>	<ul style="list-style-type: none"> <li>• Support and shelter to women and children who are emotionally, physically, or sexually abused.</li> <li>• Counselling</li> <li>• Therapeutic Childcare Program</li> <li>• Adolescent program for teenagers</li> <li>• Outreach program for women in the community who need assistance</li> <li>• Support to women in court.</li> <li>• Offer two second stage housing units (safe affordable housing). MacAdam House is located in Glace Bay and Callwood House is in Sydney.</li> <li>• Serves CBRM and Victoria County</li> </ul>	902-562-3045 PO Box 487, Sydney
<b>Community Homeless Shelter</b>	Services include: <ul style="list-style-type: none"> <li>• Emergency shelter for men</li> <li>• Light meals</li> <li>• Shower and laundry facilities</li> <li>• In-house support services</li> <li>• Counseling</li> <li>• Referral services for women requiring emergency shelter</li> </ul>	902-564-9487  32 Margaret St., Sydney  <a href="mailto:homeless.shelter@cbcha.ca">homeless.shelter@cbcha.ca</a>  <b>Hours of Operation:</b> Winter Months (December-April) 6:00 pm to 10:00 am Summer Months (May-November) 8:00 pm to 8:00 am
<b>Elizabeth Fry Society of Cape Breton Satellite Apartments (Cape Breton)</b>	<ul style="list-style-type: none"> <li>• Housing for women 18years and older</li> <li>• Takes women from Correctional Service of Canada and provincial courts (remands) who were sentenced provincially or federally on conditional release who are willing to follow program of Satellite Apartment</li> <li>• Goal of reintegration into community</li> </ul>	902-562-8271  16C Lavatte Cres, Sydney
<b>Elizabeth Fry Society of Cape Breton, Satellite Apartment program</b>	<ul style="list-style-type: none"> <li>• Community Based Residential Facility that provides a housing option for women who are on conditional release and/or are experiencing a transition in their lives and are in need of a stable living environment.</li> <li>• Provides 24/7 supervised staff to work with women in developing tools needed to stabilize their lives.</li> </ul>	902-562-8271  12 Cecelia Lavatte Crescent, Sydney  <a href="mailto:efsap@eastlink.ca">efsap@eastlink.ca</a>

CAPE BRETON		
<b>Leeside Transition House</b>	<ul style="list-style-type: none"> <li>• Safe shelter for abused women and their children with 24-hour staffing</li> <li>• 24-hour crisis support telephone line.</li> <li>• Support counselling, someone to listen and help you consider your options</li> <li>• Help in understanding the legal and social services systems</li> <li>• Someone to go with you to appointments</li> <li>• Referral and follow-up to other social services programs.</li> <li>• Space to meet with other women and share your experiences</li> <li>• Support group</li> <li>• Outreach worker who will meet with you in your own community</li> <li>• Children's program and summer day camp</li> <li>• Public education for schools, community groups, and professionals</li> <li>• Serves Richmond and Inverness Counties and the Town of Port Hawkesbury</li> </ul>	902-625-1990 1 800-565-3390 ( <i>toll free</i> )  PO Box 6913, Port Hawkesbury  <a href="mailto:leesidedir@eastlink.ca">leesidedir@eastlink.ca</a>
<b>Mi'kmaw Lodge In-Patient Treatment Centre, Native Alcohol and Drug Abuse Counselling Association of Nova Scotia</b>	<ul style="list-style-type: none"> <li>• Offers unique strength-based wellness programs centred on traditional Aboriginal values</li> <li>• Daily sessions are provided on:</li> <li>• Addictions</li> <li>• Recreation</li> <li>• Crafts therapy</li> <li>• Physical development</li> <li>• Cross cultural awareness</li> <li>• Eligibility:</li> <li>• Be of Aboriginal descent (Must have status band #)</li> <li>• 19 years of age or older</li> <li>• Must have a total abstinence of 5 days from alcohol and 14 days from drugs</li> </ul>	902-379-2262 1-866-588-5954 ( <i>toll free</i> )  70 Gabriel St., Eskasoni
<b>Talbot House</b>	<p>Provides long term rehabilitation for men who have addiction problems using a holistic abstinence based approach.</p> <p>There is an initial three week assessment followed by a three month commitment to the program.</p> <p>Eligibility:</p> <ul style="list-style-type: none"> <li>• Men who are chronic addicts</li> <li>• Must complete detox before applying</li> <li>• Willing to commit to a minimum of three months</li> </ul>	902-794-2852 1-877-582-5268 ( <i>toll free</i> )  1777 Frenchvale Rd., Frenchvale  <a href="mailto:tom@talbothouse.ca">tom@talbothouse.ca</a>  <a href="http://www.talbothouse.ca">www.talbothouse.ca</a>

## FINDING WORK – *free unless specified otherwise*

CAPE BRETON		
<b>Island Employment Association, Arichat</b>	Services include: <ul style="list-style-type: none"> <li>• Help with Job Search</li> <li>• Career Counselling</li> <li>• Help with Resumes, Cover Letters, and Interview Skills</li> <li>• Free Workshops</li> <li>• Help Accessing Employment Nova Scotia funding programs</li> <li>• Access to the latest Labour Market Information</li> <li>• Job Coaching</li> <li>• Case Management</li> <li>• Job Development</li> <li>• Assistive Technology Assessment &amp; Planning</li> <li>• Referrals to other programs you may qualify for</li> <li>• Free Wireless Internet Access</li> <li>• Access to Regular Desktop and Fully Accessible Computers</li> </ul>	902-625-0001 <i>(Call for office hours)</i>  17 Conney's Lane, Arichat
<b>Island Employment Association, Cheticamp</b>	<i>See above</i>	902-224-2117  15122 Cabot Trail, Cheticamp
<b>Island Employment Association, Inverness</b>	<i>See above</i>	902-258-3513  15792 Central Ave., Inverness
<b>Island Employment Association, Port Hawkesbury</b>	<i>See above</i>	902-625-0001  811 Reeves St., Unit 6 Port Hawkesbury
<b>Island Employment Association, St., Peters</b>	<i>See above</i>	902-625-0001 <i>(Call for office hours)</i>  10036 Grenville St., St., Peters
<b>Island Employment Association, Sydney</b>	<i>See above</i>	902-539-5673  500 George Street Suite 100, Sydney
<b>Northside Employment and Resource Centre, Baddeck</b>	Assists clients with resume and cover letter writing, pre-employment preparation, job searching, training programs and self-employment assistance for individuals seeking information on opening their own business	902-295-1649  503 Chebucto St., Baddeck
<b>Northside Employment and Resource Centre, Ingonish</b>	<i>See above</i>	902-285-2696  36243 Cabot Trail PO Box 233, Ingonish

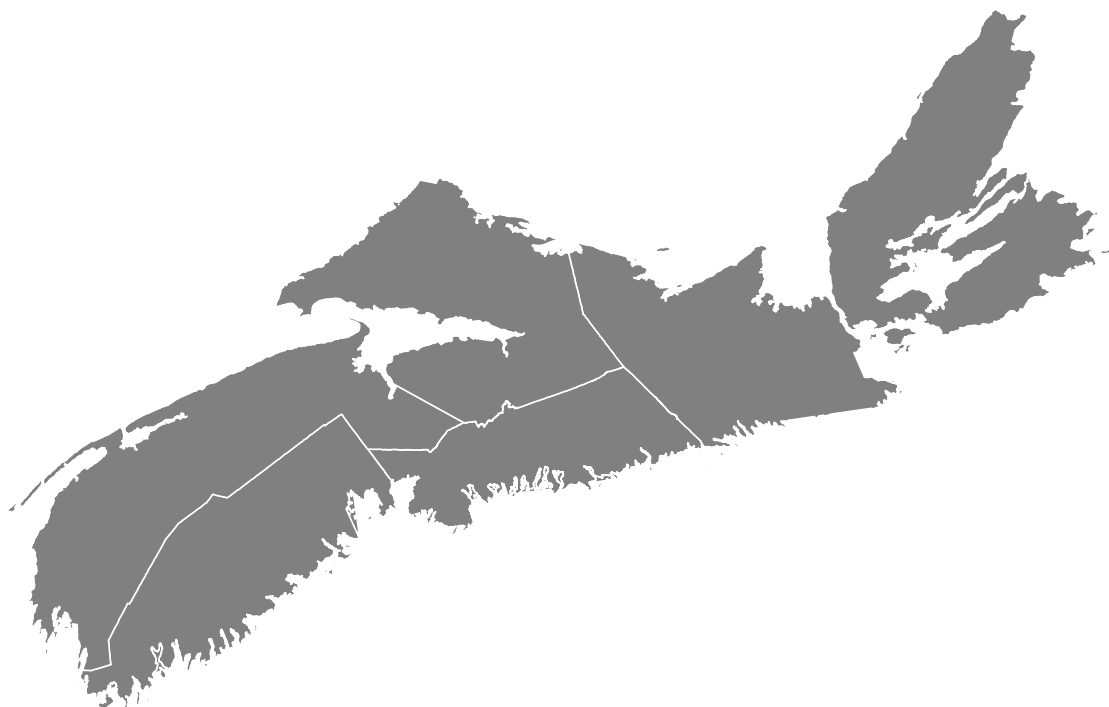
CAPE BRETON		
<b>Northside Employment and Resource Centre, North Sydney</b>	See above	902-794-7213  105 King Street North Sydney  northsideemployment.com
<b>YMCA Career &amp; Employment Resource Centre, Glace Bay</b>	Services include: • Career Counselling • Case Management • Employment Drop-In Services • Employment Nova Scotia Programs • Job Search Workshops • Resume Support	902-849-5500  106 Reserve Street Glace Bay
<b>YMCA Career &amp; Employment Resource Centre, New Waterford</b>	See above	902-862-8856  479 Heelan Street New Waterford
<b>YMCA Career &amp; Employment Resource Centre, Sydney</b>	See above	902-564-9151  399 Charlotte St., Sydney

## EDUCATION SUPPORT – *free unless specified otherwise*

CAPE BRETON		
<b>Adult Learning Association of Cape Breton County</b>	Programs include: • Adult Learning Program Levels 1 and 2 • Reading Together Clubs for school-age children	902-564-8404  440 George St., Sydney  <a href="mailto:alacbc@syd.eastlink.ca">alacbc@syd.eastlink.ca</a>  <a href="http://www.adultlearningcapebreton.ca">www.adultlearningcapebreton.ca</a>
<b>Chapel Island First Nation: Potlotek Education Office</b>	Offers the Adult Learning program at various levels	902-535-2307  Comp. 588, 342 Sitmuk Rd., St Peter's  <a href="mailto:ndoucette@potlotek.ca">ndoucette@potlotek.ca</a>
<b>Community Learning Association North of Smokey</b>	Programs include: • Adult Learning Program Levels 1 and 2 • Family literacy	902-285-2354  36243 Cabot Trail, Ingonish
<b>Inverness County Literacy Council</b>	Programs include: • Adult Learning Program Levels 1 and 2 • GED prep courses • Free tutoring for adults	902-258-3110  1-877-258-5550 ( <i>toll free</i> )  375 Main St., Port Hood  <a href="mailto:invernesslit@ns.aliantzinc.ca">invernesslit@ns.aliantzinc.ca</a>

CAPE BRETON		
<b>Literacy Network Unama'ki (Eskasoni)</b>	Offers Adult Learning Program Levels 2 and 3	902-379-2758  Unama'ki Training and Education Centre, 4531 Shore Rd., Eskasoni First Nation
<b>Port Hawkesbury Literacy Council</b>	Programs include: • Adult Learning Program Levels 1 and 2 • GED prep courses	902-625-1599  304 Pitt St., Unit 4, Port Hawkesbury  <a href="mailto:porthawkesburyliteracycouncil@gmail.com">porthawkesburyliteracycouncil@gmail.com</a>  <a href="https://www.facebook.com/Port.Hawkesbury.Literacy.Council/">www.facebook.com/Port.Hawkesbury.Literacy.Council/</a>
<b>Richmond County Literacy Network</b>	Programs include: • Adult Learning Program Levels 1 and 2 • GED prep courses • Family Literacy • Targeted Initiatives for Older Workers • Essential Skills Workshops	902-226-0383  708 Veterans Memorial Dr., Arichat  <a href="mailto:milliehatt@hotmail.com">milliehatt@hotmail.com</a>  <a href="http://rcln.ca">rcln.ca</a>
<b>We'koqma'q First Nation</b>	Offers the Adult Learning program at various levels	902-756-2525  140 Reservation Rd., Whycocomagh  <a href="mailto:susangoogoo@waycobah.ca">susangoogoo@waycobah.ca</a>  <a href="http://www.wfns.ca">www.wfns.ca</a>

# PROVINCE-WIDE



## ACCESSING INTERNET, POWER & PHONE SERVICES

NOVA SCOTIA WIDE		
<b>Comparing Phone Plans and Prices</b>	<p>The below websites provide up to date information on different cell phone providers in Nova Scotia. What plans and phones are currently priced</p> <ul style="list-style-type: none"> <li>• <a href="http://www.planhub.ca/nova-scotia">www.planhub.ca/nova-scotia</a></li> <li>• <a href="http://www.whistleout.ca/CellPhones">www.whistleout.ca/CellPhones</a></li> <li>• <a href="http://www.comparecellular.ca/compare-plans-in-nova-scotia/">www.comparecellular.ca/compare-plans-in-nova-scotia/</a></li> </ul>	<p><b>Fido</b> Halifax Shopping Centre 902-455-6551</p> <p><b>Wireless Wave</b> 245 Robie St., Truro Mall 902-893-4993</p> <p><b>Koodo</b> Halifax Shopping Centre 902-454-1282</p> <p><b>Virgin Mobile</b> Halifax Shopping Centre 902-455-4211</p> <p><b>Bell Aliant</b> 245 Robie St., Truro Mall 902-897-2592 Halifax Shopping Centre 902-4550424</p> <p><b>Rogers</b> 254 Robie St., Truro Mall 902-893-2288 Spring Garden Road. Halifax 902-492-3388</p> <p><b>Telus</b> Halifax Shopping Centre 902-454-1381</p> <p><b>Eastlink</b> 69 Walker St Truro 902-843-2800 5690 Spring Garden Rd., Halifax 902-431-4272</p>
<b>Free Internet Access/Public Library Services</b>	<ul style="list-style-type: none"> <li>• All Public library branches have free Wifi to be used on a personal electronic device (phone, tablet, ipad)</li> <li>• All library branches have desktop computers and internet access that can be used for free (by anyone with a library card)</li> <li>• The public libraries also have computer/ internet training sessions they offer for free</li> <li>• To access the computers, you will need a public library card. Library cards are free and can be given to you at any library branch</li> <li>• When requesting a library card, you will need to present two pieces of id</li> </ul>	<p>Call 902-490-5744 if you are looking for the closest library branch.</p>

## NOVA SCOTIA WIDE

<b>Nova Scotia Power</b>	<ul style="list-style-type: none"> <li>• NS Power requires you complete a registration phone call</li> <li>• NS Power will charge a \$28 connection fee for setting power up in your name</li> <li>• NS Power will ask for your first and last name. As well as the St., address which you are requesting power set up</li> <li>• If you have an “acceptable” credit score you are not required to provide a security deposit.</li> <li>• NS Power offers a “Security Deposit” option if you do not have an “acceptable” credit score/any credit score. The Security Deposit is negotiable with the NS Power representative you are speaking with. It might be a twomonth deposit for the typical power costs of the apartment.</li> <li>• “Bad credit” does not affect your ability to access power. You can not be denied a power account because of bad credit. However, the cost of the security deposit may need to be negotiated.</li> <li>• Try to phone NS Power 10 days before you move into the home. Sometimes there is a delay in power setup.</li> <li>• You can pay a NS power bill at ANY BANK, by telephone or via internet banking. The bank can walk you through the process of completing a NS Power payment. Paying through a bank is FREE and does not require interest rates/ credit cards</li> </ul>	<p>902-428-6230 or 1-800-428-6230</p> <p>1223 Lower Water St., Halifax</p> <p><b>Hours of Operation</b> Customer Care Monday-Friday, 8:00am-8:00pm</p>
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## OTHER

<b>Credit Counselling Services of Atlantic Canada</b>	<ul style="list-style-type: none"> <li>• Helps with friendly debt repayment</li> <li>• Credit and debt education, knowing your rights</li> <li>• Can help consolidate debt and come up with a manageable repayment schedule</li> <li>• Review pros and cons of all options such as bankruptcy vs, other options</li> </ul>	<p>1-888-753-2227</p> <p>Metropolitan Place, 99 Wyse Rd., Dartmouth</p> <p><b>Hours of Operation:</b> Mon-Thurs, 8:00am-8:00pm Friday, 9:00am-5:00pm Saturday, 9:00-1:00pm</p>
<b>Borderline, Living Together</b>	<ul style="list-style-type: none"> <li>• Online support group, help/information line, resource</li> <li>• Individual and family support (by email or phone) dealing with Borderline Personality Disorder</li> </ul>	<p>Contact Taffara Murray at 902-221-4242 or <a href="mailto:murrayblt@gmail.com">murrayblt@gmail.com</a></p>

## SPONSOR CONTACT INFORMATION



**Elizabeth Fry Society of Mainland Nova Scotia**  
**85 Queen Street, Dartmouth, NS B2Y 1G7**  
**902- 454-5041**  
[www.efrymns.ca](http://www.efrymns.ca)



**East Coast Prison Justice Society**  
[www.eastcoastprisonjustice.ca](http://www.eastcoastprisonjustice.ca)



**Wellness Within**  
<https://wellnesswithinns.org/>