

# WHERE TO GO FOR HELP



## A RESOURCE GUIDE FOR NOVA SCOTIA

Version 4.0





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A Resource Guide  
for Nova Scotia  
v 4.0  
June 2020

Disclaimer: This environmental scan of resources was completed before COVID-19. It may not reflect currently available resources.

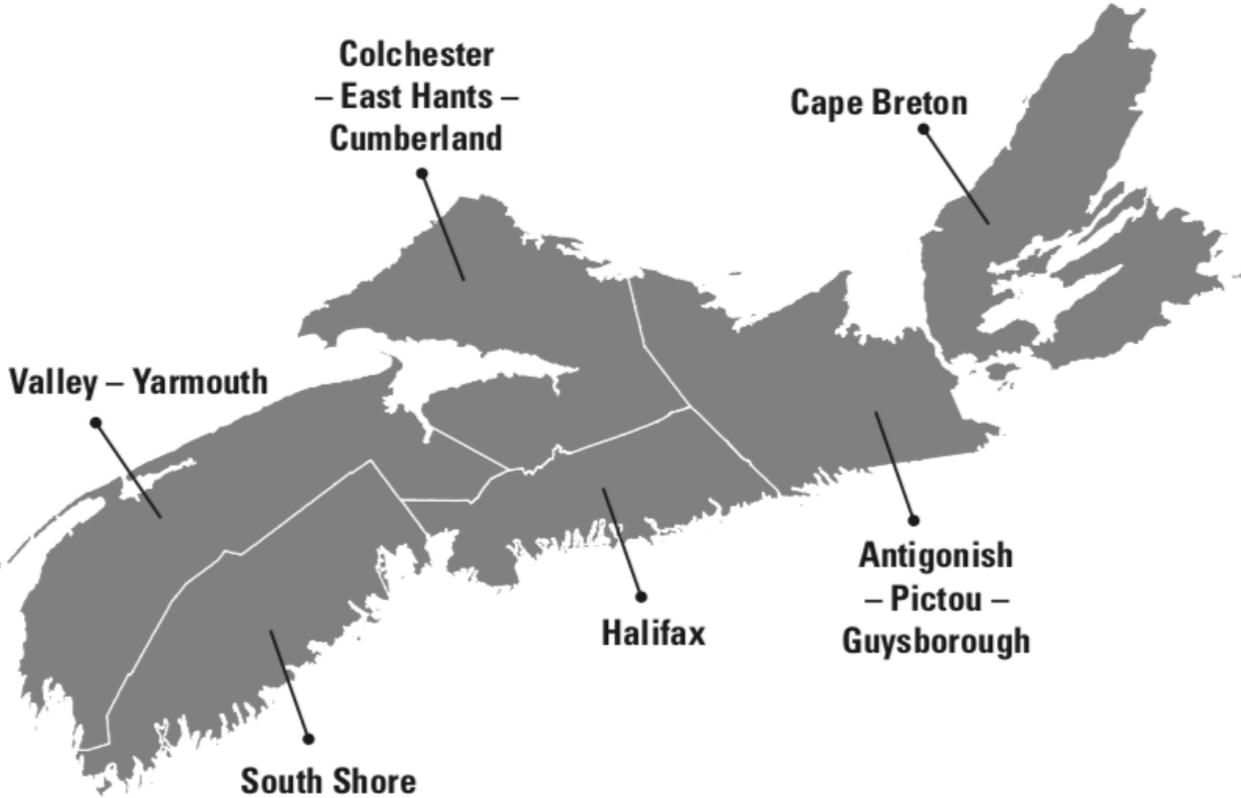


Cover image by Julia Hutt

# Provincial Divisions

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## GENERAL PHONE LINES

Emergency (Nova Scotia)	911
Police (non-emergency)	Halifax: 902-490-5020 Truro: 902-895-5351 Bible Hill RCMP: 902-893-6820
Gov't 24 hr health question-line	811
211 Nova Scotia 24hrs, 7 days week information about local services	211 Text: 211NS or 21167
Canadian Association of Elizabeth Fry Societies	1-800-637-4606
Immunization Record Requests	902-481-5890
Legal Information Society of Nova Scotia	902-455-3135 1-800-665-9779
MSI (Health Card)	902-496-7008 1-800-563-8880
Transition House Association of Nova Scotia 24 hr toll free line	1-855-225-0220 Can help find the closest support
Truro Mental Health Crisis line	: 902-893-5526

## CRISIS LINES

Avalon Sexual Assault Crisis Line	902-425-0122
Bryony House Abuse- Related (24-hours)	902-422-7650
Colchester Sexual Assault Centre (Truro)	902-897-4366
Crime Stoppers Nova Scotia	1-800-222-8477
Emergency (Truro and Halifax)	911
HRM Duty Counsel (immediate legal help)	902-420-7800
Mental Health Mobile Crisis Line (24-hours)	1-888-429-8167 902-429-8167
Mi'kmaw Family Healing Centre (Truro)	1-800-565-4741
Third Place 24 hr crisis line (Truro)	902-893-3232 1-800-565-4878

# HALIFAX



COMMUNITY SUPPORTS AND CHILD CARE CENTRES – free unless specified otherwise

Halifax		
7th Step Society of Nova Scotia, Halifax	<ul style="list-style-type: none"> <li>- Holds weekly peer support meetings in Halifax at Dalhousie University for individuals with experience in the criminal justice system</li> </ul>	<p>902-422-0456  <a href="mailto:info@knoxlaw.ca">info@knoxlaw.ca</a></p>
Bayers Westwood (Fairview)	<ul style="list-style-type: none"> <li>- Parenting support</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>	<p>902-454-9444</p> <p>3499 McAlpine Avenue, Halifax</p> <p>Hours of Operation  Monday -Thursday, 9am-4pm  Friday, 9am-1pm  Closed each day 12:00pm-1pm for lunch</p>
Chebucto Family Centre (Spryfield)	<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>- Clothing Cupboard (up to size 2T &amp; maternity clothes)</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>- Basic Needs: Emergency Food Cupboard, Household &amp; Hygiene Products, and Baby Items</li> </ul>	<p>902-479-3031 (ext 302)</p> <p>3 Sylvia Avenue, Halifax</p> <p>Hours of Operation  Monday 9am-12pm  Tuesday-Friday, 9am-4pm  Closed each day 12:30pm-1pm for lunch</p>

<p><b>Dartmouth Family Centre (Dartmouth)</b></p>	<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: <ul style="list-style-type: none"> <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> </ul> </li> <li>- Community trade cupboard: exchange items (ex: Diapers, formula, non-perishables)</li> <li>- Community Food Centre (Dartmouth North)</li> </ul>	<p>902-464-8234</p> <p>107 Albro Lake Rd., Dartmouth</p> <p>Hours of Operation Monday-Friday, 9am-4pm Closed each day 12:00pm-1pm for lunch Closed Thursday afternoons</p>
<p><b>Eastern Shore Family Resource Centre</b></p>	<ul style="list-style-type: none"> <li>- Offers a variety of programs, services, and one-on-one support to meet the needs of families along the Eastern Shore.</li> <li>- Programs include breastfeeding support, parenting workshops, and connections to a Certified Canadian Family Life Educator for help, support, or information and referral</li> </ul>	<p>902-827-1461 1-866-847-1461 (toll free)</p> <p>Porter's Lake Shopping Centre, Suite 203, 5228 Highway 7, Porters Lake</p> <p>esfamilyresource@ns.aliantzinc.ca <a href="http://www.esfamily.org">http://www.esfamily.org</a></p>
<p><b>Elizabeth Fry of Mainland NS</b></p>	<p>Self-empowerment programs about:</p> <ul style="list-style-type: none"> <li>- Understanding Anger</li> <li>- Boundaries for Women</li> <li>- Relapse Prevention and Stoplifting</li> <li>- Conflict Management</li> <li>- Effective Communication</li> </ul>	<p>902-454-5041</p> <p>1 Tulip St., Dartmouth</p> <p>ed@efrymns.ca</p>
<p><b>Family SOS (Downtown)</b></p>	<ul style="list-style-type: none"> <li>-After school program youth and children <ul style="list-style-type: none"> <li>- After-school programming</li> <li>- Focuses on physical and mental health of children</li> </ul> </li> <li>-Parenting programs <ul style="list-style-type: none"> <li>- In home parenting support</li> <li>- Positive parenting groups</li> </ul> </li> </ul>	<p>902-455-5515 2006 Gottingen St., Halifax</p> <p>Hours of Operation Monday-Friday, 9am-4:30pm</p> <p><a href="http://www.familysos.ca/programs/youth/">http://www.familysos.ca/programs/youth/</a></p>

<p><b>Halifax and Region Military Family Resource Centre</b></p>	<ul style="list-style-type: none"> <li>- Crisis support, short term counselling, information, assessment and referral</li> <li>- Education and prevention programming, 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>	<p>902-427-7788 1-888-753-8827 (toll free) 902-427-7788 (FIRST Line)</p> <p>Windsor Park Building 106, 6393 Homefire Crescent, Halifax</p> <p>Hours of Operation: Mon-Fri 6am-7pm</p> <p>info@halifaxmfrfc.ca http://www.halifaxmfrfc.ca</p>
<p><b>IWK Community Midwifery Care Program</b></p>	<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>	<p>902-491-2292</p> <p>68 Highfield Park Drive, Suite 202</p>
<p><b>John Howard Society of Nova Scotia, Halifax Region</b></p>	<p>- Services include:</p> <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>- Employment search program</li> <li>- Record Suspension Application Service</li> <li>- United States Waiver Application Service</li> <li>- Freeing the Human Spirit Program</li> </ul>	<p>902.429.6429</p> <p>541 Sackville Dr, Suite #1, Lower Sackville</p> <p>contact@ns.johnhoward.ca</p>
<p><b>Memory Lane (Sackville)</b></p>	<ul style="list-style-type: none"> <li>- Child health and development programs</li> <li>- Day care (free if qualify for subsidy)</li> <li>- Child programming and adult programming to educate about family health</li> </ul>	<p>902-864- 6363</p> <p>22 Memory Lane, Sackville</p>

<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 (Adult Learning programs)</li> <li>- Housing support</li> <li>- Child development programs (provincial daycare)</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> <li>- Atelihai Inuit Group</li> <li>- Jordan's Principle Office</li> <li>- Youth Programs</li> <li>- AHS (Aboriginal Head Start)</li> <li>- Family Resource Centre</li> </ul>	<p>902-420-1576</p> <p>2158 Gottingen St., Halifax</p>
<b>Navigator Street Outreach</b>	<p>- Provides homeless and street-involved individuals with support to address barriers to securing and maintaining employment and housing, support to navigate services around health, mental health and addictions support</p>	<p>902-209-6517 1-855-208-6517 (toll free)</p> <p>navigatorstreetoutreach@yahoo.com</p>
<b>reachABILITY Association</b>	<p>Free Programs. No referrals needed. LGBTQIA+ positive environment.</p> <p>Services include:</p> <ul style="list-style-type: none"> <li>- Resilience building workshops</li> <li>- Employment support programs</li> <li>- Arts-based programming</li> <li>- BOSS Anger Management program</li> </ul>	<p>902-429-5878</p> <p>1-866-429-5878 (toll free)</p> <p>3878 Joseph Howe Drive Suite 201, Halifax</p> <p><a href="https://www.reachability.org/">https://www.reachability.org/</a></p>
<b>Social Work Community Clinic</b>	<p>- Social Work clinic located in Veith House, run by Dalhousie University. Social Work Students are supervised by social work graduates.</p> <p>- Offers:</p> <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>	<p>902-494-2753 (Coordinator Sarah or Michelle)</p> <p>6054 Quinpool Rd, Halifax</p> <p>Hours of Operation Monday-Friday, 9:00am-4:00pm</p> <p>swcc@dal.ca <a href="https://www.facebook.com/pg/socialworkcommunityClinic/">https://www.facebook.com/pg/socialworkcommunityClinic/</a></p>

<p><b>The Stepping Stone Association-Drop in centre (for current and former sex workers)</b></p>	<ul style="list-style-type: none"> <li>- For current and former sex workers</li> <li>- 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> </li> </ul>	<p>902-420-0103</p> <p>2224 Maitland St</p> <p>Hours of Operation Mon-Fri 9:30 am- 1:00 pm.</p> <p><a href="http://www.steppingstonens.ca">www.steppingstonens.ca</a></p>
<p><b>Women's Wellness Within</b></p>	<ul style="list-style-type: none"> <li>- Provides support to criminalized women and trans individuals who are pregnant or parenting young children in Nova Scotia. Services Include: <ul style="list-style-type: none"> <li>- Advocating for access to housing, income, resources and health care</li> <li>- One-on-one client support</li> <li>- Facilitating monthly workshops on women's health for imprisoned women and leading seminars for health professionals and students</li> </ul> </li> </ul>	<p><a href="mailto:womenswellnesswithinns@gmail.com">womenswellnesswithinns@gmail.com</a></p> <p><a href="https://www.facebook.com/pg/womenswellnesswithin/about/">https://www.facebook.com/pg/womenswellnesswithin/about/</a></p> <p><a href="http://www.womenswellnesswithin.org">www.womenswellnesswithin.org</a></p>
<p><b>Women's Centers Connect!</b></p>	<ul style="list-style-type: none"> <li>- Women's Centers Connect unites the nine community-based women's centers in Nova Scotia offering individual support, counseling, crisis intervention, information and referrals.</li> </ul>	<p>902-449-9820</p> <p>3256 Isleville Street, Halifax</p> <p><a href="mailto:coordinator@womenconnect.ca">coordinator@womenconnect.ca</a></p> <p><a href="http://www.womenconnect.ca">www.womenconnect.ca</a></p>
<p><b>YWCA (Spryfield)</b></p>	<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> <li>- Employability programs</li> <li>- Financial literacy programs for newcomers</li> <li>- Family home daycare agency</li> <li>- Provide advocacy and support for those who have been sexually exploited</li> </ul>	<p>902-423-6162: Women's Services 902-423-6162: Child Youth and Family Programs 902-423-6162 (ext 5211): Child Care Contact, Kerri</p> <p>1239 Barrington St, Halifax 358 Herring Cove Road, Spryfield</p>

<p><b>LEA Place Women's Resource Centre</b></p>	<p><b>Core services include:</b></p> <ul style="list-style-type: none"> <li>- One-on-one support counselling and crisis management</li> <li>- Information and referral</li> <li>- Individual navigation, advocacy and system navigation, and accompaniment</li> <li>- Drop-in for any reason: social contact, problem solving, accessing support and resources, safe and quiet space</li> <li>- Programs (personal development and empowerment for women, girls, and youth)</li> </ul>	<p><b>902-885-2668</b></p> <p><b>22709 Hwy#7, P.O. Box 245, Sheet Harbour</b></p> <p><a href="http://www.leaplace.com/">http://www.leaplace.com/</a></p>
<p><b>Parents and Children Together (PACT)</b></p>	<p><b>Offers family directed programming such as:</b></p> <ul style="list-style-type: none"> <li>- Pre-natal programming</li> <li>- Parenting programming</li> </ul>	<p><b>902-434-8952</b></p> <p><b>1114 Cole Harbour Road, Suite 102 Dartmouth</b></p> <p><b>Hours of Operation:</b>  <b>Tues &amp; Thurs 9:30am-11am</b>  <b>Wed 9:30am-3pm</b></p> <p><a href="https://www.parentsandchildrentogether.info/">https://www.parentsandchildrentogether.info/</a></p>

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

<b>Halifax</b>		
<b>Breakfast Program, Salvation Army (Spryfield)</b>	<ul style="list-style-type: none"> <li>- Free Meal:</li> <li>- Monday, Tuesday, Friday, 9:30am-10:30am</li> <li>- Thursday, hot breakfast, 9:30am-10am</li> <li>- Mom and tot playgroup, 9:30am-11am</li> <li>- Sewing club, Monday, 9:30am-12:30pm</li> <li>- No documents required</li> <li>- *Covers Spryfield and surrounding area</li> </ul>	<p>902-477-5393</p> <p>328 Herring Cove Road</p>
<b>Brunswick St. Mission</b>	<ul style="list-style-type: none"> <li>- Free Meal: Mon– Sat: 7am- 9 am (Doors open at 6am with hot coffee)</li> <li>- Food Bank: Wednesday for food pick up Thursday (arrive by 9:30 am) *must pre-register</li> <li>- Clothing: Mon: 9am- 2pm (closed 11:30 am- 12:30pm for lunch)</li> <li>- Trusteeship program</li> <li>- Tax return help</li> </ul>	<p>902-422-1598</p> <p>902-423-4605 (to register for food bank)</p> <p>2107 Brunswick St, Halifax</p>
<b>Christ Church</b>	<ul style="list-style-type: none"> <li>- Food Bank: Thurs, 9 am – 11 am</li> </ul>	<p>902-466-4270</p> <p>61 Dundas St</p>
<b>Church of the Holy Spirit Helping Hands Food Bank</b>	<ul style="list-style-type: none"> <li>- Provides food assistance to those in need. Usually provides 3-5 days of food.</li> </ul>	<p>902-463-6544</p> <p>1 Regency Drive</p>
<b>Daily Bread Outreach</b>	<ul style="list-style-type: none"> <li>- Free Meal: Mon- Fri 1:30pm- 3:30pm</li> </ul>	<p>902-423-7574</p> <p>1531 Grafton St.</p>
<b>David's Place Drop-In</b>	<ul style="list-style-type: none"> <li>- Free Meal: Fri 10am- 1pm</li> <li>- Doors open at 8:30 am</li> </ul>	<p>902-423-1944</p> <p>St. David's Church Hall, 1537 Brunswick St.</p>
<b>DejaVu Clothing Room, Adsum For Women</b>	<ul style="list-style-type: none"> <li>- Provides Free clothing, household items and accessories to women and children in need</li> </ul>	<p>902-423-4422</p> <p>2421 Brunswick St</p> <p>Hours of Operation Monday-Friday, 9am-5pm</p>
<b>East Dartmouth Christian Food Bank Association</b>	<ul style="list-style-type: none"> <li>- Food Bank</li> </ul>	<p>902-434-5819</p> <p>51 Woodlawn Road</p> <p>Hours of Operation: Thurs 9am-11am</p>

Eastern Shore Volunteer Food Bank	-Provides food assistance to those in need. Usually provides 3-5 days of food.	902-889-9243  43 East Petpeswick Road  Hours of Operation: Summer hours: starting in July, 10am-1:30pm, First 3 Wed of each month until November, then it's every second Wednesday night, 6pm-8pm
Feeding Others of Dartmouth (Dartmouth)	- Free Meal: - Mon-Sun 12-12:30 pm - Mon, Tues, Weds: 4:30-5pm	902-464-2919  43 Wentworth St.
Food Bank Café, St. Paul's (Spryfield)	-Offers tea, coffee, and snacks during the Wednesday morning food bank	902-477-5090  173 Old Sambro Road  khollery_stpaulsfri@hotmail.com
Hope Cottage	-Free Meal: Mon-Fri: 10am-11 am, 5-6pm	902-429-7968  2435 Brunswick St.  <a href="http://www.hopcottage.ca">www.hopcottage.ca</a>
Holy Trinity Emmanuel Church Clothing Depot	- Offers free clothing to those in need.	902-463-1280  30 Alfred Street, Dartmouth
The Loaded Ladle	- Student run organization with plant-based meals -Provides food assistance to those in need.	902-494-6662  Dalhousie Student Union Building, Room B24, 6136 University Avenue  Sept-April Tues-Fri 1pm
Parker St. Food and Furniture Bank	- Food Bank: - Mon, Wed, Fri fill food orders from 8:30am-11:00 am - Register at 8am. bring government ID, photo ID, proof of address - Furniture: Free of charge if need is proven, delivery charge may apply.	902-425-2125  2415 Maynard St
Salvation Army (Dartmouth)	-Food bank: Thurs 6pm-8pm	902-466-6847  171 Main St. Unit 4
Souls Harbour RESCUE Mission	- Lunch served every weekday	902-405-4663  5568 Cunard St  <a href="http://www.shrm.ca">www.shrm.ca</a>
St. George's Church	-Free Meal: Sat 4pm-5pm	902-423-1059

		2222 Brunswick St
St. Mark's Foodbank	-Food Bank: Tues 9:00am-11am	902-454-0207 5522 Russell St.
Saint Mary's Cathedral Basilica Daily Bread Outreach	-Provides food assistance to those in need	902-423-7574 5221 Spring Garden Road Mon-Fri 1:30pm-3:30pm
Saint Mary's University Community Food Bank	-Provides food assistance to those in need. Usually can provide 3-5 days of food.	O'Donnell-Hennessey Student Centre, 5th floor, 5916 Inglis Street, Room 526 <a href="http://www.smu.ca/foodroom">http://www.smu.ca/foodroom</a>
St. Matthew's United Church	- Free Meal: Sunday 8:30am -9:30am	902-423-9209 1479 Barrington St.
Uniacke Square Community Food Bank	- Provides food assistance to those in need.	902-423-5629 2420 Cragg Avenue, Halifax Third Thurs 9am-11am
Victoria Road Baptist Church Food Bank	- Provides food assistance to those in need. Usually provides 3-5 days of food.	902-469-8576 36 Victoria Road Wed 3pm-4pm

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

Halifax		
<b>Chebucto Connections (Spryfield)</b>	<ul style="list-style-type: none"> <li>- Academic support</li> <li>- Communication connection</li> <li>- Community outreach</li> <li>- Student educational advocacy</li> </ul>	<p><b>902-477-0964</b></p> <p><b>531 Herring Cove Rd., Spryfield Halifax</b></p> <p><b>Hours of Operation</b> <b>Monday-Friday, 9am- 4:30pm</b></p>
<b>Kid's Help Phone</b>	<ul style="list-style-type: none"> <li>- Age 20 and under</li> <li>- Call if dealing with <i>any</i> issue: ranging from mental health challenges, feeling lonely, bullying, etc.</li> </ul>	<p><b>1-800-668-6868 (toll free)</b></p>
<b>Laing House (referral needed)</b>	<ul style="list-style-type: none"> <li>- For youth living with mental illness ages 16-29</li> <li>- Drop-in centre with daily activities and range of supportive programing</li> </ul>	<p><b>902-425-9018</b></p> <p><b>1225 Barrington St., Halifax</b></p>
<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>	<p><b>902-422-5583</b></p> <p><b>2385 Hunter St., Halifax</b></p>
<b>Phoenix Centre for Youth</b>	<p>A walk-in youth centre that provides confidential services including:</p> <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 advocacy</li> <li>- Food, clothing, shower and laundry facilities</li> </ul>	<p><b>902-420-0676 or 1-866-620-0676</b></p> <p><b>6035 Coburg Rd, Halifax</b></p> <p><b>Hours of Operation</b></p> <p><b>Monday, Wednesday, Thursday:</b> <b>9:30am-1pm and 2-5pm</b></p> <p><b>Tuesday and Friday:</b> <b>2pm-5pm</b></p> <p><b>pcf@phoenixyouth.ca</b></p>
<b>Phoenix Youth Counselling</b>	<ul style="list-style-type: none"> <li>- Individual/family therapy for students ages 12-19</li> <li>- By appointment only, no fees</li> </ul>	<p><b>902-444-3400</b></p> <p><b>5547 Young St., Halifax</b></p> <p><b>Hours of Operation</b> <b>Monday-Friday, 9am- 5pm</b></p>

<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>	<p>902-405-3249 or 1-866-620-0676</p> <p>6035 Coburg Road</p> <p>Hours of Operation:  Mon, Wed, Thurs: 9:30am-1pm, 2pm-5pm  Tues, 2-5pm, Fri, 2-4:45pm</p>
<b>Phoenix 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> <li>- Post-secondary support (applying and funding)</li> <li>- Taxes for youth</li> </ul>	<p>902-431-9111</p> <p>6169 Quinpool Rd. Suite 220</p> <p>Hours of Operation  Employ Centre: Mon, Wed, Fri, 9am- 5pm  Tuesday, 9am-12:30 pm  Outreach Program: Mon- Fri, 9am- 5pm</p>
<b>Phoenix Youth Outreach Program</b>	<ul style="list-style-type: none"> <li>- Provides support to youth ages 16-24 within their family and community context</li> <li>- Areas of support include, mentorship, advocacy and accompaniment, housing, employment and education, arts and recreation, health services, and family support</li> </ul>	<p>902-818-5737</p> <p>1-877-332-331</p> <p>122-123 Jarvis Lane, Halifax</p>
<b>Homebridge Youth Society</b>	<ul style="list-style-type: none"> <li>- Provides residential care to youth in the Child Welfare system</li> <li>- Services 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>	<p>902-466-1439</p> <p>270 Pleasant Street, Dartmouth</p>
<b>Phoenix Youth Shelter</b>	<ul style="list-style-type: none"> <li>- Temporary housing for male and female youth ages 16-24</li> </ul>	<p>902-446-4663</p> <p>1094 Tower Road, Halifax</p>
<b>Lesbian Gay Bisexual Youth Project Society</b>	<ul style="list-style-type: none"> <li>- Offers drop-in, education, and supportive counseling and referral services for LGBTQ youth.</li> </ul>	<p>902-429-5429</p> <p>902-GAY-5-GAY</p> <p>2281 Brunswick Street, Halifax</p> <p>youthproject@youthproject.ns.ca  <a href="http://www.youthproject.ns.ca">http://www.youthproject.ns.ca</a></p>

**MENTAL, SEXUAL AND PHYSICAL HEALTH – free unless specified otherwise**

<b>Halifax</b>		
<b>24-Hour Health question-line</b>	- Health information and advice	<b>811</b>
<b>Affirmative Ventures Association</b>	- Assists Nova Scotia mental health consumers and other persons with disabilities achieve lifelong independence, with a focus on homes, jobs, and friends - Offers an employment training program involving three associated social enterprises: Pet Stuff on the Go, Common Values and Mort's Convenience Store, AV property maintenance, AV moving services	<b>902-225-2130</b>  <b>139 Main Street, Dartmouth</b>  <a href="http://affirmativeventures.ca/">http://affirmativeventures.ca/</a>
<b>AIDS Coalition of NS</b>	- Support and programing for those living with HIV/ AIDS - Information and support for those concerned about contracting HIV/ AIDS	<b>902-425-4882</b>  <b>5516 Spring Garden Rd, Suite 200</b>
<b>Alcoholics Anonymous (AA), Halifax</b>	- Community support groups for those coping with alcohol addiction	<b>902-461-1119</b>  <b>DCM1.AAHalifax@gmail.com</b>  <b>www.aahalifax.org</b>
<b>Archway Counseling Association, Lower Sackville</b>	- Counselling for adults, youth, children, individuals, couples and families	<b>902-440-2267</b> <b>902-864-3244</b>  <b>10 Beaverbank Road, Lower Sackville</b>  <b>info@archwaycounselling.ca</b>
<b>Avalon SANE Response Line</b>	- Telephone response line for immediate sexual assault information and support - Available 24 hours a day, 7 days a week. - Serves people who experienced a sexual assault in the past 5 days (120 hours). - Response offers: - 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. - programs and referral to counselling - Supportive follow-up for victims	<b>902-425-0122</b>

<b>Avalon Sexual Assault Centre</b>	<ul style="list-style-type: none"> <li>- For women and trans individuals who have experienced/are experiencing sexual abuse/assault</li> <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> </ul>	<p>902-422-4240</p> <p>1526 Dresden Row, 4<sup>th</sup> floor</p> <p><a href="http://www.avaloncentre.ca">http://www.avaloncentre.ca</a></p>
<b>Bryony House 24 hour women's crisis line</b>	<ul style="list-style-type: none"> <li>- Emergency support for women experiencing abuse</li> </ul>	<p>902-422-7650</p>
<b>Canadian Mental Health Association</b>	<p>Non-emergency, recovery-focused mental health services for people of all ages and their families, including:</p> <ul style="list-style-type: none"> <li>- Awareness, education and training programs</li> <li>- Communities Addressing Suicide Together</li> <li>- Socially and Emotionally Aware Kids</li> </ul>	<p>902-466-6600</p> <p>45 Alderney Dr. Suite 200, Dartmouth</p> <p><a href="mailto:pamela@novascotia.cmha.ca">pamela@novascotia.cmha.ca</a></p>
<b>Cocaine Anonymous</b>	<ul style="list-style-type: none"> <li>- Community support groups for those coping with drug or alcohol addiction</li> </ul>	<p>902-476-7461</p> <p><a href="mailto:ca.maritimes@gmail.com">ca.maritimes@gmail.com</a></p> <p><a href="http://www.ca-maritimes.org">http://www.ca-maritimes.org</a></p> <p>Meetings:</p> <p>Mondays: 7:00 p.m. to 8:00 p.m. Fort Massey United Church, 5303 Tobin Street, 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 Street, Halifax</p>
<b>Direction 180 Methadone Clinic</b>	<ul style="list-style-type: none"> <li>- Methadone clinic</li> </ul>	<p>902-420-0566</p> <p>2164 Gottingen St.</p>
<b>Emergency Assessment, QEII Hospital</b>	<ul style="list-style-type: none"> <li>- Emergency health services, including mental health assessment</li> </ul>	<p>902-473-2043</p> <p>2158 Gottingen St., Halifax</p> <p>Everyday 8:30am – 12 noon</p>
<b>Emergency Mental Health Assessment, NS Hospital (Dartmouth)</b>	<ul style="list-style-type: none"> <li>- Emergency mental health assessment</li> </ul>	<p>902-464-3114</p> <p>300 Pleasant St., Dartmouth</p>

<p><b>Halifax Sexual Health Centre (free with a Health Card)</b></p>	<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</li> <li>- Adoption referrals</li> <li>- Free condoms &amp; lube</li> <li>- Anonymous HIV testing</li> <li>- Sexuality counselling</li> <li>- Trans-centered health care</li> </ul>	<p>902-455-9656</p> <p>7071 Bayer's Road, suite 302, Halifax</p>
<p><b>Healing Our Nations</b></p>	<ul style="list-style-type: none"> <li>- Offers support and education to First Nation community members.</li> <li>- Provides: <ul style="list-style-type: none"> <li>- Education</li> <li>- Information on prevention and treatment</li> <li>- Workshops and services</li> <li>- Anonymous support</li> </ul> </li> </ul>	<p>902-492-4255</p> <p>31 Gloster Court, Dartmouth</p>
<p><b>Healthy Minds Cooperative</b></p>	<ul style="list-style-type: none"> <li>- Provides navigation supports and an array of personal development and wellness workshops, and mental health and addictions recovery programs</li> <li>- Peer support groups for men and women</li> <li>- Membership not required</li> </ul>	<p>902-404-3504</p> <p>45 Alderney Drive, Suite 200 Dartmouth</p> <p><a href="http://www.healthyminds.ca/">http://www.healthyminds.ca/</a></p>
<p><b>In Need of a Family Doctor</b></p>	<ul style="list-style-type: none"> <li>- Nova Scotia provincial waitlist for a family doctor.</li> </ul>	<p>811</p> <p>Hours of Operation Monday- Friday, 11am- 7pm</p>
<p><b>IWK Women's Bladder Health Clinic</b></p>	<ul style="list-style-type: none"> <li>- Self referral clinic serving all ages experiencing bladder problems.</li> <li>- Education, conservative non-surgical treatment/follow up care</li> </ul>	<p>902-470-7783</p> <p>6<sup>th</sup> floor Women's side, IWK Health Centre, 5980 University Av</p> <p>Hours of Operation: Monday-Friday, 8am- 4pm</p>

<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>	<p>902-830-3853 or 1-877-904-4555</p> <p>5511 Cornwallis St.</p>
<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>	<p>Facebook/Email contact only:  <a href="https://www.facebook.com/abortionsupportatlantic/">https://www.facebook.com/abortionsupportatlantic/</a>  <a href="mailto:assa.coordinator@gmail.com">assa.coordinator@gmail.com</a></p>
<b>Mental Health Mobile Crisis Team</b>	<ul style="list-style-type: none"> <li>- Phone for help/ intervention if experiencing mental health crisis.</li> </ul>	<p>902-429-8167  1-888-429-8167</p>
<b>Metropolitan Dispensary</b>	<ul style="list-style-type: none"> <li>- Provides low-cost prescription medications for low income individuals or anyone who cannot 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> <li>- Payment by cash only</li> </ul>	<p>902-470-8135</p> <p>IWK Health Centre  1<sup>st</sup> level near the South Street Entrance  5850/5890 University Ave</p> <p>Hours of Operation  Monday-Friday, 8:30am- 4:30pm</p>
<b>Mobile Outreach (MOSH)</b>	<ul style="list-style-type: none"> <li>- Accessible primary health care services for homeless, insecurely housed, street involved and people underserved by health care, such as: <ul style="list-style-type: none"> <li>- blood work</li> <li>- PAP testing</li> <li>- HIV testing and STI testing</li> <li>- Hepatitis C testing</li> <li>- general checkups</li> <li>- vaccinations</li> <li>- disease management</li> <li>- help getting a health card</li> </ul> </li> <li>- Help with issues relating to daily functioning such as mobility, community living and/or participation,</li> <li>- health management</li> <li>- Personal empowerment through skill building</li> </ul>	<p>902-429-5290</p> <p>2101 Gottingen St., Halifax</p> <p><a href="http://www.moshhalifax.ca">www.moshhalifax.ca</a></p> <p>Open by appointment or during clinic hours:</p> <ul style="list-style-type: none"> <li>- Tues 9am-12pm, 1pm-2pm</li> <li>- Weds 10:30am – 12:30pm</li> <li>- Fri 9am – 12pm</li> </ul>

<b>Narcotics Anonymous (NA)</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: Antigonish, Bridgewater, Dartmouth, Elmsdale, Eskasoni, Glace Bay, Halifax, New Glasgow, Sackville, Springhill, Sydney, Sydney Mines, Truro, Whycomomagh, Yarmouth</li> </ul>	<p>902-789-8323</p> <p><a href="http://www.centralnovaarea.ca/">http://www.centralnovaarea.ca/</a></p>
<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.</li> <li>- 18 years and older who have used abuse in their intimate relationships</li> <li>- Healing narrative</li> </ul>	<p>902-423-4675</p> <p>45 Alderney Drive, Suite 900 Dartmouth</p> <p><a href="mailto:newstart@eastlink.ca">newstart@eastlink.ca</a> <a href="http://www.newstartcounselling.ca">http://www.newstartcounselling.ca</a></p>
<b>North End Community Health Centre</b>	<ul style="list-style-type: none"> <li>- Good Food Box</li> <li>- Dental Clinic</li> <li>- Primary Care Clinic</li> </ul>	<p>902-420-0303</p> <p>2131 Gottingen St., Suite 500 (5<sup>th</sup> Floor) Halifax</p> <p>Hours of Operation Mon- Fri: 9am to 12pm / 1pm to 5pm, Call for appointment. EVENING HOURS (Monday to Thursday): urgent care 6- 8pm (registered patients only. No appointment necessary) AFTER HOURS (24/7): registered patients only. For urgent care that cannot wait</p>
<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>	<p>902-407-8809</p> <p>1018 Main Street, Dartmouth</p> <p><a href="http://www.nsabsw.ca">www.nsabsw.ca</a> <a href="mailto:nsabsw@gmail.com">nsabsw@gmail.com</a></p>
<b>NS Health Authority: Community Based Addictions Programs</b>	<ul style="list-style-type: none"> <li>- Discussion-based recovery groups.</li> <li>- Individual (one-on-one) Treatment</li> <li>- Group Treatment</li> <li>- Skill Based Workshops</li> <li>- Intensive 2 Week Treatment Programs</li> <li>- Assessment for Inpatient Treatment (detox) and Opioid Treatment Program.</li> <li>- Services are also available for families who are dealing with a loved one's addiction.</li> <li>- All services are by appointment only and can be arranged by calling</li> </ul>	<p>To register: 1-866-340-6700 (toll free)</p> <p>Locations in:</p> <ul style="list-style-type: none"> <li>- Bayers Road</li> <li>- 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> <p>Hours of Operation</p>

		Mon- Fri: 8:30 am -4:30 pm, some evening groups.
Public Health Halifax	<ul style="list-style-type: none"> <li>- Offers nutrition information services</li> <li>- Health beginnings programs</li> <li>- Immunization and disease information</li> <li>- Home visits for new parents</li> <li>- Breastfeeding support</li> <li>- Support for prenatal and new parents (up to the age of 5)</li> <li>- Connections to community resources</li> <li>- Healthy physical activity information</li> </ul>	<p>902-481-5800</p> <p>7 Mellor Avenue, Unit 5, Dartmouth</p>
Schizophrenia Society of NS, Dartmouth	<ul style="list-style-type: none"> <li>- Supportive programming for those living with schizophrenia and their families</li> <li>- One to one peer support</li> <li>- Voice hearers' program</li> <li>- Supportive housing program</li> <li>- Family education and support groups</li> </ul>	<p>902-465-2601</p> <p>300 Pleasant St, Rm B-23</p>
Sex Addicts Anonymous Meetings	Offers weekly meetings for people to share their experience, strength and hope and help others to recover from sex addiction.	<p>1-800-477-8191</p> <p>3 Dundas Street</p> <p>Hours: Wed 5:30pm-7pm</p> <p>halifaxsaa@gmail.com</p> <p>www.saa-recovery.org</p>
Upstairs Kitchen Club	<ul style="list-style-type: none"> <li>- Peer support group for anxiety and depression</li> <li>- Meetings are an open format and offered in a safe, secure, and warm environment.</li> <li>- Ages 18+</li> </ul>	<p>902-471-1422</p> <p>Mental Health Services Office, Bayers Road Shopping Centre</p> <p>Hours of Operation: Group meets every Tuesday at 7 pm</p>
Sheet Harbour Sexual Health Centre	<p>- Services include:</p> <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>	<p>902-885-3693</p> <p>Eastern Shore Memorial Hospital, 22637 Highway 7, Sheet Harbour</p> <p>Hours of Operation: Tuesday and Thursday: 11:00 am - 4:00 pm Summer hours: Monday-Friday 9am-3pm</p> <p>sheetharbourshc@hotmail.com</p>

<b>reachAbility Association</b>	<b>Free Programs. No referrals needed. LGBTQIA+ positive environment.</b>  <b>Services include:</b> <b>Resilience building workshops</b> <b>One-on-one coaching</b> <b>Transition 101 Program for goal setting, planning, making connections with resources and supports</b> <b>BOSS Anger Management program</b>	<b>902-429-5878</b> <b>1 866-429-5878 (toll free)</b>  <b>3878 Joseph Howe Drive Suite 201, Halifax</b>  <b>angie@reachability.org</b> <b>www.reachability.org</b>
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**LEGAL SUPPORT**—free unless specified otherwise

<b>Halifax and NS Wide</b>		
<b>Aftercare Services, by the John Howard Society of NS</b>	<ul style="list-style-type: none"> <li>- Information and referral support regarding conflict with the law</li> <li>- Employment Support</li> <li>- No fees, no documents required, call for information</li> </ul>	<p>902-429-6429</p> <p>541 Sackville Drive, Suite 1</p>
<b>Canadian Association of Elizabeth Fry Societies</b>	<ul style="list-style-type: none"> <li>- Engages with vulnerable women and girls to foster reintegration, rehabilitation, personal empowerment and to address the root causes of criminalization. Supports include:</li> <li>- Court navigation services</li> <li>- Bail support</li> <li>- Release planning</li> <li>- Housing</li> <li>- Programming for essential life skills</li> </ul>	<p>902-454-5041</p> <p>1 Tulip Street, Dartmouth</p> <p>ed@efrymns.ca</p>
<b>Coverdale Courtwork Society</b>	<ul style="list-style-type: none"> <li>- Resources, referrals, and emotional and informational support for women going through the court process</li> <li>- Assistance with navigating charges</li> <li>- One-on-one support with a counselor (free)</li> <li>- Educational programs promoting self-knowledge and empowerment, including the Voices Program for at risk youth and healing trauma beyond anger, violence, grief and loss</li> </ul>	<p>902-422-6417</p> <p>6169 Quinpool Rd Suite 203, Halifax</p> <p>execdircoverdale@eastlink.ca</p>
<b>Dalhousie Legal Aid</b>	<ul style="list-style-type: none"> <li>- 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> <li>- Income assistance</li> </ul> </li> </ul>	<p>902-423-8105</p> <p>2209 Gottingen St.</p>
<b>Family Law Information Centre NS</b>	<ul style="list-style-type: none"> <li>- Information about dealing with family law processes and services</li> </ul>	<p>902-424-5232</p> <p>www.nsfamilylaw.ca</p>
<b>Family Law Information Program (FLIP)</b>	<ul style="list-style-type: none"> <li>- Can tell you how to find a lawyer and where to get legal advice</li> <li>- Can tell you about available court programs and services and refer you to community agencies that may be helpful</li> <li>- Help you understand 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>	<p>902-424-5232</p> <p>902-563-5781 (Sydney)</p> <p>3380 Devonshire Court, Halifax</p>

<b>Halifax Refugee Clinic</b>	<ul style="list-style-type: none"> <li>- Legal services for refugee claimants and refugees regarding their claim</li> </ul>	<p>902-422-6736</p> <p>5538 Macara St.</p>
<b>Immigrant Services Association of NS</b>	<ul style="list-style-type: none"> <li>- Refers immigrants to the appropriate legal services in NS</li> </ul>	<p>902-423-3607 or 1-866-431-6472</p> <p>6960 Mumford Road, Suite 2120 (2nd floor)</p>
<b>Legal Information Society of Nova Scotia (LISNS)</b>	<ul style="list-style-type: none"> <li>- Legal information (not advice)</li> <li>- Can refer to community resources, including referrals to lawyers</li> </ul>	<p>Confidential and anonymous legal information line: 902-455-3135 or 1-800-665-9779</p> <p>Hours of Operation: Monday-Friday, 9am-5pm</p>
<b>Mi'kmaq Legal Support Network, Dartmouth</b>	<ul style="list-style-type: none"> <li>- Provides legal support services and victim support services to Aboriginal people through programs such as the Mi'kmaw Court Worker program and the Mi'kmaw Customary Law program.</li> <li>- Victim support workers provide support to victims/survivors throughout the court process including help with preparing for court and assisting with victim impact statements.</li> </ul>	<p>902 -468-0381 or 902-219-2765</p> <p>15 Alderney Drive, Suite 3, Dartmouth</p>
<b>reachAbility Legal Services</b>	<p>Offers three primary services:</p> <ul style="list-style-type: none"> <li>- Legal referral service: connects members of the disability community to a lawyer for a free one-hour consultation</li> <li>- Form filling clinic: help with form filling, e.g. applications, record suspension, and other government forms</li> <li>- Community outreach initiatives</li> </ul>	<p>902-429-5878</p> <p>3845 Joseph Howe Drive Suite 201, Halifax</p> <p>legal@reachability.org www.reachability.org</p>
<b>NS Legal Aid</b>	<ul style="list-style-type: none"> <li>- Legal services for economically vulnerable Nova Scotians</li> <li>- Advice at court from a Duty Counsel lawyer if you've been charged or detained.</li> <li>- Advice over the telephone if you are under arrest and in police custody.</li> <li>- Summary advice at Family Courthouses, in the community, or in any of our service offices.</li> <li>- Full legal representation by a lawyer for those meeting financial, area of law, and merit-based qualifications.</li> </ul>	<p>Dartmouth: Criminal law: 902-420-8815 or 1-877-420-8818 300-99 Wyse Road.</p> <p>Dartmouth Family law 902-420-7921 or 1-855-420-7921: 1210-99 Wyse Road</p> <p>Halifax Adult Criminal law: 902-420-6583 or 1-877-777-6583 400-5475 Spring Garden Road</p> <p>Halifax Family law: 902-420-3450 or 1-866-420-3450 2830 Agricola St.</p> <p>HRM Duty Counsel: 902-420-7800 402-5475 Spring Garden Road.</p> <p>HRM Youth NS Legal Aid (ages 12-17): 902-420-6569 401-5475 Spring Garden Road:</p>

<p><b>Summary Advice Counsel (SAC Lawyer)</b></p>	<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> <li>- Offers advice on: <ul style="list-style-type: none"> <li>- legal terms</li> <li>- how to start or respond to a court application</li> <li>- the effects of agreeing or not agreeing to a court order</li> <li>- court processes</li> <li>- legal documents</li> <li>- other aspects of family law</li> </ul> </li> </ul>	<p><b>Dartmouth</b>  <b>902-420-7921</b>  <b>99 Wyse road, Suite 1210</b></p> <p><b>Halifax</b>  <b>902-424-5616</b>  <b>3380 Devonshire Ave</b></p> <p><b>902-420-3450</b>  <b>2830 Agricola Street</b></p> <p><b>902-420-7800</b>  <b>5475 Spring Garden Road</b></p>
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HOUSING INFORMATION – free unless specified otherwise

Halifax		
Dartmouth Housing Help	<ul style="list-style-type: none"> <li>- Responds to at-risk and difficult to house individuals who have significant challenges in obtaining and retaining housing stability.</li> <li>- Assists with:                             <ul style="list-style-type: none"> <li>- Housing search</li> <li>- Connecting to other services such as medical, income assistance, social, vocational, etc.</li> <li>- Ongoing, stable support when issues arise in housing</li> <li>- Mediating tenancy issues with existing relations</li> </ul> </li> </ul>	<p>902-466-3483</p> <p>260 Wyse Road, Suite 101  <a href="http://dartmouthhousinghelp.ca/index.html">http://dartmouthhousinghelp.ca/index.html</a></p>
Dartmouth Non-Profit Housing Society	<p>Provides adequate, affordable rental housing to low and medium income individuals and families. Rents charged are based on household income.</p>	<p>902-469-0543                      902-469-2089 (Fax)</p> <p>53 Ochterloney Street                      Dartmouth, NS</p> <p>Hours of Operation:                      Hours: Mon-Fri, 9am-12:30pm and 1pm-4:30pm</p> <p><a href="mailto:admin@dartmouthhousing.ca">admin@dartmouthhousing.ca</a>  <a href="http://www.dartmouthhousing.ca">http://www.dartmouthhousing.ca</a></p>
Halifax Housing Help	<ul style="list-style-type: none"> <li>- A housing support and trustee service offering case management to individuals experiencing barriers to finding and sustaining appropriate housing.</li> </ul>	<p>902-423-8475</p> <p>2444 Brunswick Street, Halifax</p>
Housing Services	<ul style="list-style-type: none"> <li>- Provides people with yearly income of 20,000 or less with housing repairs on their home</li> </ul>	<p>1-800-774-5130</p> <p>3770 Kempt Road, Suite 3</p>
Metro Non-Profit Housing Association	<ul style="list-style-type: none"> <li>- Provides long term, secure housing and support to low income, single individuals</li> </ul>	<p>902-466-8714</p> <p>75 Primrose Street Suite 101, Dartmouth</p> <p><a href="https://mnpha.wordpress.com/">https://mnpha.wordpress.com/</a></p>
Harbour City Homes City of Halifax Non-Profit Housing Society	<ul style="list-style-type: none"> <li>- Offers affordable rental properties including apartments, flats, and homes.</li> </ul>	<p>902-490-6277</p> <p>2444 Barrington Street, Halifax</p> <p>Hours of Operation:                      Mon-Fri 9am-5pm</p> <p><a href="mailto:admin@harbourcityhomes.org">admin@harbourcityhomes.org</a>  <a href="http://www.harbourcityhomes.org">http://www.harbourcityhomes.org</a></p>

FaithCity Church	<ul style="list-style-type: none"> <li>- Provides outreach to those who are experiencing homelessness.</li> </ul>	<p>902-455-1523</p> <p>6225 Summit Street, Halifax</p> <p>Hours of Operation: Mon-Fri 9am-1pm</p> <p>office@faithhalifax.org http://www.faiythhalifax.org</p>
Tawaak Housing (Aboriginal Housing Support)	<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>	<p>902-455-2900 902-455-6074</p> <p>6175 Lady Hammond Road</p> <p>www.tawaakhousing.org</p>

**SHELTERS/ PLACES TO STAY** — free unless specified otherwise

<b>Halifax</b>		
Metro Turning Point	<ul style="list-style-type: none"> <li>- Provides emergency shelter for up to 55 men men experiencing homelessness</li> <li>- 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> </li> </ul>	<p>902-420-3282</p> <p>2170 Barrington Street, Halifax</p>
Salvation Army Centre for Hope	<ul style="list-style-type: none"> <li>- Shelters males 19 years of age and older in emergency or transient situations</li> <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>	<p>902-422 2363 ext 235</p> <p>2044 Gottingen Street, Halifax</p> <p>office@halifaxcentreofhope.ca</p>
Adsum House	<ul style="list-style-type: none"> <li>- Short-term and long-term housing for women, children and transgender individuals</li> <li>- Provides laundry and shower facilities for women and children at risk of homelessness</li> <li>- Provide housing support for people in the community</li> </ul>	<p>902-423-4443</p> <p><u>Address:</u> 2421 Brunswick St, Halifax www.adsumforwomen.org</p>

<b>Affirmative Ventures</b>	<ul style="list-style-type: none"> <li>- Provides a stable, affordable home from which participants recovering from mental illness can build equity and gain independence while working or acquiring an education</li> <li>- Affirmative house: 10 tenants</li> <li>- Affirmative homes: 8 tenants in 4 separate units</li> <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>	<p>902-225-2130 139 Main Street, Dartmouth</p> <p><a href="http://affirmativeventures.ca/">http://affirmativeventures.ca/</a></p>
<b>Alice House (Dartmouth)</b>	<ul style="list-style-type: none"> <li>- Provides safe housing for women and children fleeing domestic violence</li> </ul>	<p>902-466-8459</p> <p><a href="http://alicehouse.ca">http://alicehouse.ca</a></p>
<b>Barry House</b>	<ul style="list-style-type: none"> <li>- Short-term shelter for women and children</li> </ul>	<p>902-422-8324</p> <p>2706 Gottingen St. <a href="http://www.shelternovascotia.com">www.shelternovascotia.com</a></p>
<b>Bryony House (Halifax)</b>	<ul style="list-style-type: none"> <li>- Short-term housing and counselling services for women and children dealing with and trying to escape intimate partner violence</li> <li>- Can stay up to six weeks</li> </ul>	<p>902- 422-7650 (24 hr distress line) 902-423-7183 (Shelter) Text: 902-422-7650</p> <p>3358 Connaught Avenue</p> <p><a href="mailto:staff@bryonyhouse.ca">staff@bryonyhouse.ca</a> <a href="http://www.bryonyhouse.ca">www.bryonyhouse.ca</a></p>
<b>Marguerite Centre (Addiction Recovery-Women)</b>	<ul style="list-style-type: none"> <li>- Long-term housing for women recovering from addiction</li> </ul>	<p>902-876-0006</p> <p>3178 St Margaret's Bay Rd</p> <p><a href="http://themargueritecentre.com">themargueritecentre.com</a></p>
<b>Nehiley House</b>	<ul style="list-style-type: none"> <li>- Community residential facility for women helping individuals make the change from a correctional facility to community living.</li> <li>- Room for 8 women per night.</li> </ul>	<p>902-454-5532</p> <p>3170 Romans Ave</p>
<b>Out of the Cold Shelter</b>	<ul style="list-style-type: none"> <li>- Community-based, volunteer-run organization that provides shelter and community supports to people who are homeless and precariously housed</li> </ul>	<p>902-219-4690 (shelter coordinator)</p> <p>2158 Gottingen St (entrance on Cornwallis Street – Door by Mainline)</p> <p><a href="https://outofthecoldhalifax.org/">https://outofthecoldhalifax.org/</a> <a href="https://facebook.com/OTC.HFX">facebook.com/OTC.HFX</a></p>
<b>YWCA Supporting Housing - SHYM &amp; WISH</b>	<ul style="list-style-type: none"> <li>- SHYM: Supportive housing for young women ages 16 to 24 who are in their third trimester of pregnancy who are independently parenting their child or children.</li> <li>- WISH: Supportive housing for women 19 and older who are homeless or at risk of homelessness, and in receipt of income assistance.</li> </ul>	<p>902-423-6162 ext. 3212 (SHYM) 902-434-6162 ext. 2217 (WISH)</p> <p><a href="mailto:housing@ywcahalifax.com">housing@ywcahalifax.com</a></p>

<b>Freedom Foundation (Addiction Recovery-Men)</b>	-Long-term housing for men recovering from addiction	902-466-0299 info@freedomfoundation.ca
<b>Anchorage Addictions Program, Salvation Army</b>	-Six month housing program for men recovering from addiction	902-422-2363 2044 Gottingen Street, Halifax
<b>Alcare Place (Addiction Recovery-Men)</b>	- Long-term (6 months to 1 year) housing for men recovering from addiction	902-423-9565 1374 Robie Street, Halifax

**FINANCIAL ASSISTANCE** – free unless specified otherwise

<b>Halifax</b>		
<b>Bayers Westwood Family Resource Centre</b>	- Budgeting Classes - Free skills training	902-454-9444 3499 McAlpine Avenue
<b>Financial Literacy Series</b>	- Learn about/develop budgets - Staying away from money frauds/scams - How to avoid debt - Learn about credit/credit cards	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 – Brunswick Street Mission</b>	-Bring T4, T5 forms if possible	902-423-4605 2107 Brunswick St. www.brunswickstmission.org Mon-Fri 9am-2pm bsm1@eastlink.ca

**FINDING WORK** – free unless specified otherwise

<b>Halifax</b>		
<b>Brunswick St. Mission</b>	- Interview and Resume Preparation through the Trusteeship Program	902-423-4605 2107 Brunswick St. www.brunswickstmission.org bsm1@eastlink.ca

<b>Dress for Success</b>	Provides a network of support, professional attire and the development tools to help women thrive in work and in life. Programs include: - Suiting - Employment retention - Career centre	902-493-7377  2016 Gottingen St.  <a href="http://www.halifax.dressforsuccess.org">www.halifax.dressforsuccess.org</a>
<b>Employment Support Services (Gov't service)</b>	- Call for general inquiries	902-424-1980 (Halifax) 902-424-6200 (Dartmouth)
<b>Job Junction, Halifax</b>	- Professional development workshops to help with: - resumes - cover letters - interview skills - computer skills - social networking skills - career counselling - Information on available jobs, job fairs - Professional clothing (event, specific dates) – offers men's clothing twice a year - Special workshops for those over 45 years of age returning to work - Free individual case management, skills assessment and help finding job	902-455-9675  6950 Mumford Road  <a href="http://www.jobjunction.ca">www.jobjunction.ca</a> <a href="mailto:contact@jobjunction.ca">contact@jobjunction.ca</a>
<b>Lake City Works (for people diagnosed with mental health issues), Dartmouth</b>	- Help with identifying what you want to do and can do. - Access and support education and training. - Create resumes and cover letters, and prepare for interviews - Provide job search support and help with locating and contacting employers. - Set up volunteer and training placements. - Provide follow along support to maintain your employment. - Connect you to community agencies that can provide additional services and supports.	902-465-5000  386 Windmill Road
<b>Nova Scotia Works/ TEAM Work Cooperative</b>	- Provides a variety of services for job searchers, including workshops and wage subsidy programs - Self-employment services - Individual employment counseling - Career exploration - Job search education and skill development - Skill enhancement - Help with employment maintenance - EI related program application support	902-422-8900  501-7051 Bayers Road, 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 Road, Dartmouth  Mon-Fri 9am-3pm  shelley.wallace@nsc.ca <a href="http://www.womenunlimitedns.ca">http://www.womenunlimitedns.ca</a>
<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
<b>YMCA Employment Centre, Dartmouth</b>	- See above	902-461-2513  14-118 Wyse Road, Dartmouth
<b>YMCA Employment Centre, Dartmouth</b>	- See above	902-466-7649  35 Wilfred Jackson Way, Dartmouth
<b>YMCA Employment Centre, Eastern Passage</b>	- See above	902-461-8260  1515 Main Road, Eastern Passage
<b>YMCA Employment Centre, Halifax</b>	- See above	902-425-3464  2269 Gottingen Street, Halifax
<b>YMCA Employment Centre, Halifax</b>	- See above	902-461-2513  Halifax Central Library, 5440 Spring Garden Road, Halifax
<b>YMCA Employment Centre, Musquodoboit</b>	- See above	902-384-2390  12335 Highway 224, Musquodoboit
<b>YMCA Employment Centre, North Preston</b>	- See above	902-461-2513  North Recreation Centre 44 Simmonds Road, North Preston
<b>YMCA Employment Centre, Porters Lake</b>	- See above	902-827-5110  5228 Highway 7, Porters Lake
<b>YMCA Employment Centre, Sheet Harbour</b>	- See above	902-885-2810  22756 Highway # 7, Sheet Harbour
<b>YMCA Employment Centre</b>	- Career preparation - Basic computer skills - Employment readiness - Job search techniques	902-461-4622  14-118 Wyse Road, Suite 14

	-Advice on resumes & cover letters	
reachAbility Employment Services	<p>-Free Programs. Please Contact for details. LGBTQIA+ positive environment.</p> <p>-Small group and one on one support for people facing employment barriers</p> <p>- Personalized support for pre-employment skill building such as: resume writing, job search, interview skills and connecting with inclusive employers.</p> <p>-Follow up support for the newly employed</p>	<p>902-429-5878 1 866-429-5878 (toll free)</p> <p>3878 Joseph Howe Drive Suite 201, Halifax</p> <p>angie@reachability.org www.reachability.org</p>

**EDUCATION SUPPORT** —free unless specified otherwise

<b>Halifax</b>		
Bedford-Sackville Learning Network	<p>-Programs include:</p> <ul style="list-style-type: none"> <li>- One-on-one tutoring</li> <li>- Pre-GED prep courses</li> <li>- GED prep courses</li> </ul>	<p>902-869-3838</p> <p>409 Glendale Drive, Lower Sackville</p> <p>bsln@chebucto.ns.ca www.chebucto.ns.ca/Education/BSLN</p>
Black Educators Association	<p>-Programs include:</p> <ul style="list-style-type: none"> <li>- Bursary fund</li> <li>- Math camp</li> <li>- Regional educators</li> <li>- CAEP</li> <li>- Adult learning program</li> <li>- Spelling Bee</li> </ul>	<p>902-424-7036 1-800-565-3398 (Toll free)</p> <p>2136 Gottingen Street, Halifax</p> <p>info@bea-ns.ca www.bea-ns.ca</p>
Dartmouth Learning Network	<p>-Programs include:</p> <ul style="list-style-type: none"> <li>- GED prep courses</li> <li>- Adult Learning Program Levels 1 and 2</li> <li>- Computer Basics</li> <li>- Essential Skills</li> <li>- Family Literacy</li> </ul>	<p>902-463-9179</p> <p>73 Tacoma Drive, Suite 802, Dartmouth</p> <p>executivedirector@dartmouthlearning.net http://dartmouthlearning.net/</p>
Deaf Literacy Nova Scotia Association	<p>-Programs include:</p> <ul style="list-style-type: none"> <li>- One-on-one tutoring</li> <li>- Various levels of the Adult Learning Program (uses ASL/MSL as the form of instruction)</li> </ul>	<p>902 422-7130 (Call or text to telephone)</p> <p>1888 Brunswick Street, Suite 805 Halifax</p> <p>dlns@ns.sympatico.ca www.dlns.ca</p>

<p><b>Eastern Shore Musquodoboit Valley Literacy Network</b></p>	<p>-Programs include:</p> <ul style="list-style-type: none"> <li>- one to one tutoring,</li> <li>- GED prep courses,</li> <li>- workshops for employability and skill building,</li> <li>- computer classes,</li> <li>- fun family literacy programs</li> </ul>	<p>902-391-0014</p> <p>22756 Highway 7 Suite 216, Sheet Harbour</p> <p>esmvliteracy@gmail.com  <a href="https://www.facebook.com/esmvlIn/">https://www.facebook.com/esmvlIn/</a></p>
<p><b>Halifax Community Learning Network</b></p>	<p>- Offers free one-to-one tutoring for adult literacy and GED prep courses for adult learners at the following locations:</p> <ul style="list-style-type: none"> <li>- Captain William Spry Library</li> <li>- Halifax North Library</li> <li>- Keshen Goodman Library</li> <li>- Central Library</li> </ul>	<p>902-422-7648</p> <p>info@hcln.ca  www.hcln.ca</p>
<p><b>MetroWorks</b></p>	<p>Cunard Learning Centre offers:  <b>Adult Learning Program Levels 1, 2, &amp; 3</b>  <b>GED prep</b></p> <p>StoneHearth Bakery offers:  works skills training in a production bakery</p> <p>Options Work Activity Program: a holistic training program offering a combination of:  combination of personal development, essential skills development, team building, employability skills, basic skills training in:  <b>Food Service</b>  <b>Basic Office Skills</b>  <b>Bakery</b>  <b>Building Maintenance</b>  <b>Customer Service</b>  followed by a work placement in the community.</p> <p>Edge program: a youth-based program designed to help move the youth into employment</p> <p>Newcomer Women's Employability Program: designed to assist newcomer women obtain employment</p>	<p>902--453-6246, ext. 113</p> <p>7071 Bayers Road, Suite LL05, Halifax</p> <p>jfogarty@optionswork.ca  <a href="http://www.mymetroworks.ca/">http://www.mymetroworks.ca/</a></p>
<p><b>Mi'kmaq Native Friendship Centre</b></p>	<p>-Programs include:</p> <ul style="list-style-type: none"> <li>- Adult Learning Programs Levels 1, 2, &amp; 3</li> <li>- Mi'kmaw Language Program</li> <li>- GED Program</li> </ul>	<p>902-420-1576</p> <p>2158 Gottingen Street, Halifax</p> <p>yetiwrk@hotmail.com  <a href="http://www.mymnfc.com/">http://www.mymnfc.com/</a></p>
<p><b>Preston Area Learning Skills Society (PALS)</b></p>	<p>-Programs include:</p> <ul style="list-style-type: none"> <li>- Adult Learning Programs Levels 1, 2, &amp; 3</li> <li>- Personal Financial Fitness</li> </ul>	<p>902-462-6042</p> <p>979 North Preston Road, Suite 124, North Preston</p> <p>1987pals@gmail.com</p>

<b>Solutions Learning Centre</b>	<b>- Programs include:</b> <ul style="list-style-type: none"> <li>- Work Activity program (up to 30 week employment readiness)</li> <li>- GED prep course</li> </ul>	<b>902-464-1638</b>  <b>15 Poseidon Court, Dartmouth</b>  <b>info@sollc.ca</b> <b>http://sollc.ca/</b>
<b>Western Halifax Community Learning Network</b>	<b>- Programs include:</b> <ul style="list-style-type: none"> <li>- Adult Learning Programs (various levels)</li> <li>- Upgrading for the GED</li> </ul>	<b>902-225-6320</b>  <b>7451 St. Margaret's Bay Road, Boutiliers Point</b>  <b>Westernhalifaxcln@gmail.com</b>

**SUPPORTIVE PEOPLE IN THE COMMUNITY- HRM**

<b>Sisters of Charity –Sister Joan O’Keefe</b>	<b>- Can supportively direct to community resources</b>	<b>1-844-406-8114</b>  <b>215 Seton Road</b>  <b>jokeefesc@gmail.com</b>
<b>Halifax Community Chaplain Society- Joy Steem</b>	<b>- Call for general support, referral to other community resources</b>	<b>902-329-2224</b>  <b>halifaxcommunitychaplain@gmail.com</b> <b>www.halifaxchaplaincy.ca</b>

**EMPLOYERS IN HALIFAX WHO HIRE CRIMINALIZED EMPLOYEES**

<b>Employer</b>	<b>Specific Location</b>	<b>CRC Required</b>	<b>Requirements / Considerations</b>	<b>Telephone</b>	<b>Email</b>
<b>Darrell's Restaurant</b>	<b>5576 Fenwick Street, Hfx</b>	<b>No</b>	<b>Do not require a check. A criminal record would not necessarily prevent them from being hired but they would have questions about the charges.</b>	<b>902-492-2349</b>	
<b>The Italian Market</b>	<b>6061 Young Street, Hfx</b>	<b>No</b>		<b>902-455-6124</b>	
<b>Delta Halifax</b>	<b>1990 Barrington Street, Hfx</b>	<b>No</b>	<b>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</b>	<b>902-425-6700</b>	
<b>Wendy's</b>	<b>3580 Kempt Road, Hfx</b>	<b>No</b>	<b>Encourage employee to bring forth information during interview. Do not require a criminal record check.</b>	<b>902-455-6065</b>	

Linen Chest	187 Chain Lake Drive, Bayers Lake	No	Most Entry-level positions do not require a criminal record check, but depends on the position	902-876-0102	
Leon's Warehouse	140 Akerley Boulevard, Dartmouth	No	Requires disclosure of convictions for which a pardon has not been granted	902-468-5201	
Alpha Safety Management Inc.	1220 Sackville Dr, Sackville	No		902-830-6824	
Coastal Inn Dartmouth	379 Windmill Rd, Dartmouth	No		1-800-565-1565	
Floors Plus Commercial - Dartmouth, NS (Warehouse Person)	Sterns Court, Dartmouth, NS B3B 1W7	No		902-468-3111 (Pat Gibson)	
Floors Plus		No	Do not typically do checks. Would be open to hiring someone with a record but would depend on the circumstance (job and conviction)	902-468-3111	
Lambie Construction	295 Lacewood Dr, Halifax	No	Do not require a criminal record check.	902-292-5245	
Dalhousie University (Facilities Management)		No	Do not require criminal record checks for jobs in facilities management with the exception of security jobs.	902-494-2211	careers@dal.ca
NSCC	5685 Leeds Street, 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	
Property Works Landscaping (Foreman/woman, grounds keeping)	Fall River, N.S.	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	propertyworks@eastlink.ca
Fastenal (Industrial supplies salesperson)	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	

Kent	225 Chain Lake Drive, Bayers Lake, Halifax	No	Dependent on position. If previously convicted of cash theft they would not put employee in cash handling position. Do not require a criminal record check but 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	
Newman Electric	40 Gloster Ct, Dartmouth	No		902-453-1616	
Atlantic Digital Reproductions Inc.	77 Burbridge Ave, Dartmouth	No	Will not hire employee with theft conviction	902-423-4466	
Carmichael Engineering Ltd.	10 Morris Dr, Dartmouth	No	Do not require a criminal check unless requested by specific customer.	902-468-9837	
Alscott Air Systems Ltd.	120 Joseph Zatzman Dr, Dartmouth	No	Do not require a check. Hiring would depend on the conviction and position.	902-468-7080	
Canadian Tire	6203 Quinpool Rd, Halifax	No		902-422-4922	
Maritime Demolition	46 Fielding Av, Dartmouth	No	No record check but expect to be told about convictions. Depends on the job.	902-468-1263	
Canadian Linen	41 Thornhill Drive, Dartmouth	No	Do not require a check. Fine with hiring someone with a record, depends on the job.	902-468-7520	
Atlantic Pro Painting	42 Wexford Rd, Dartmouth	No	No check required. Depends on convictions.	Metro Area: 902-452-4954	info@atlanticp ropainting.ca
Sobeys	287 Lacewood Drive, Halifax	No		902-457-2102	
CTS Container & Trailer Services Ltd.	33 Macdonald Ave, Dartmouth	No	Conducts drug tests	902-468-1960	
Curtis Agencies	67 Crane Lake Drive, Halifax	No	Dependent on conviction / position	902-453-4030	
Eastern Traffic Services	927 Rocky Lake Dr, Bedford	No		902-835-3381	
Canadian Tire	30 Lamont Terrace, Dartmouth	No		902-434-2823	
Metro Gutter	610 Wright Ave, Dartmouth	No	Would inquire about theft conviction	902-468-5125	

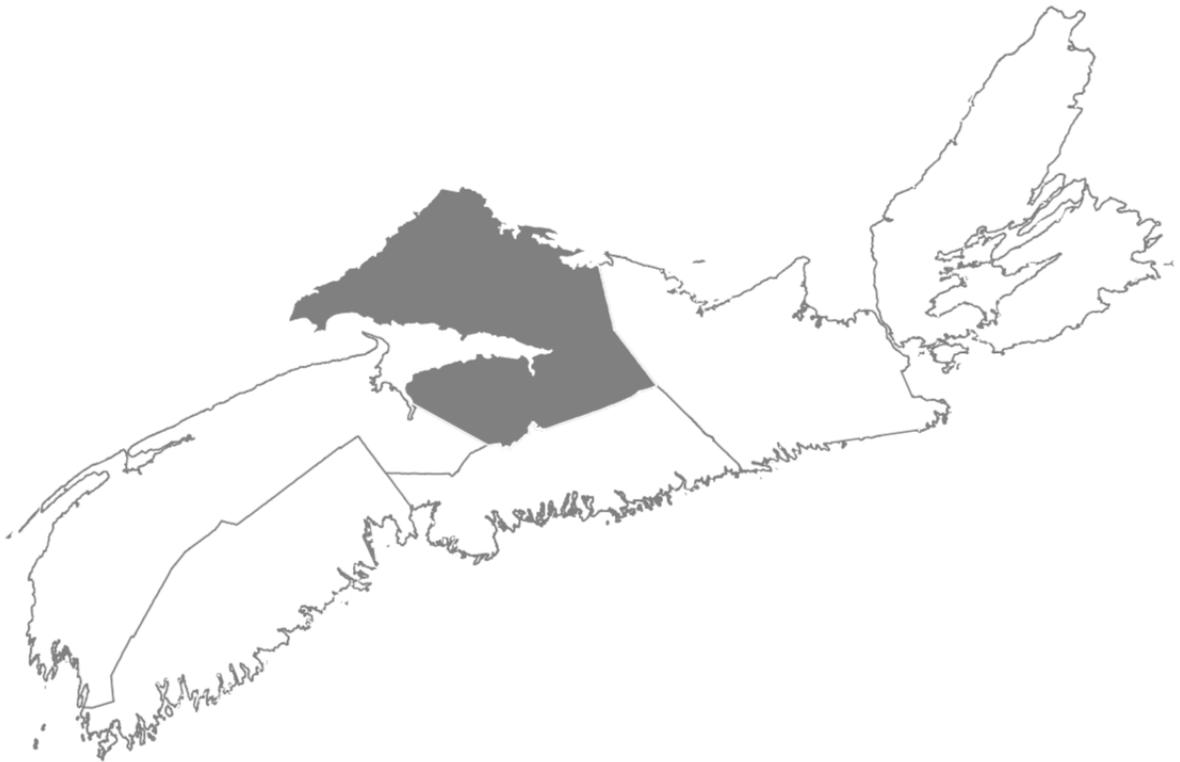
Henry's Dartmouth	51 Gale Terrace, Unit 1J. Dartmouth Crossing	No	Do not conduct checks but reserve the right to do them if they choose (in contract signed once hired). May randomly conduct after hired	1-800-461-7960 (Head office) 902-481-2213	
G&K Services	33 Lakeside Park Drive #1, Lakeside, NS B3T 1M4	Yes	Yes for route jobs. (Jeff Lydel for more info), No for production	902-455-9748 (Laura Byers)	
Sobeys	38 George Street, New Glasgow	No		902-755-9777	
Blue Ocean Contact Centers	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. Dependent on conviction / position	902-722-3300	
Couche-tard/Circle K	2499 Robie Street, Halifax	Yes	Dependent on conviction / position	902-492-4711	
Goodlife Fitness	1903 Barrington Street, Halifax	No		902-492-9289	
Pete's Frootique	1595 Bedford Hwy, Bedford  1515 Dresden Row, Halifax	No		Bed: 902-835-4997 Hfx: 902-425-5700	
Green Diamond Equipment Ltd.	270 Horseshoe Lake Dr, Halifax	Yes	Dependent on conviction (exclusive of firearms or violence) / position	902-450-0712	
Barracuda Heating	152 Holland Rd, Fletchers Lake	Yes	Dependent on conviction / position	902-576-3020	
PartSource Dartmouth	201 Wyse Road, Dartmouth	Yes	Do require a criminal record check. Division of Canadian Tire. Checks done by head office. Depends on convictions.	902-463-0460	
PartSource Halifax	3600 Strawberry Hill Street, Halifax	Yes	Do require a criminal record check. Division of Canadian Tire. Checks done by head office. Depends on convictions.	902-453-0053	
Midland Transport Limited	31 Simmonds Drive, Dartmouth, NS B3B 1R4	Yes	Driver/Courier: Require clean driver's abstract. Require record check.	902-494-5555	
Dartmouth Sportsplex (Janitorial and Event Staff Positions)	110 Wyse Road, Dartmouth	Yes	Do require a criminal record check and child abuse registry check. Depends on convictions.	902-464-2600	
Seaboard Transport Dartmouth (Dispatch)	721 Wilkinson Ave, Dartmouth	Yes	Do require for drivers only.	Phone: 1-902-468-4447 ext 1800	kparker@seaboard.acl.ca

Dura-Tech Industrial & Marine Limited (Fibreglass laminator)	206 Ross Road, 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	
PCL Constructors Canada Inc. (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	
Progressive Cabinets & Millwork Ltd	7 Moore Road, Burnside Dartmouth	No	Do not require check for plant/labor related jobs. Would require for the office.	902-481-0059	
Canadian Tire Lower Sackville	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	
Surplus Furniture Mattress Warehouse	21 Akerley Blvd, Dartmouth	Yes	Dependent on conviction / position	902-481-9105	
Big Eric Inc.	171 John Savage Ave, Dartmouth	Yes	Dependent on conviction / position	902-454-9384	
ADP	130 Eileen Stubbs Av, Dartmouth	Yes	Dependent on conviction / position	1-800-668-8441	
Hefler Forest Products	230 Lucasville Road, 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	
Minacs	1949 Upper Water St., Halifax	Yes	Do require a criminal record check. Will only accept DUI convictions.	902-428-9936	
DSC Safety Services	84 Tamarack Drive, Halifax		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	
Graybar Canada Halifax (Warehouse Support)	3600 Joseph Howe Drive	Yes	Do require a check. Depends on conviction and position.	902-457-8700 (Branch Manager)	kgrasby@graybarcanada.com
Abell Pest Control	48 Trident Cres. Dartmouth	Yes	Require clean driving and criminal record	1-888-560-2056	
Pat Mccarthy Renovations	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	

Park Place Hotel and Conference Centre (Ramada)	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	
Air Sys Engineering Ltd.	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	
Reliable Fuels (Fuel Oil Truck Driver)	1381 Beaver Bank Rd. Beaver Bank	No	Do not require a criminal record check	902-864-0539	
Alpha Safety Management Inc.	1220 Sackville Drive	No	Do not require record check. No problem with employees having a record.	902-830-6824	
Coastal Inn Dartmouth	379 Windmill Road, Dartmouth, NS	No	Do not require a criminal record check	1-800-565-1565	
S and S Construction Ltd (Framing Carpenter)	---	No	Do not require a criminal record check.	902-488-9661	
Newman Electric	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	
Atlantic Digital Reproductions Inc.	77 Burbridge Ave, Dartmouth	No	Do not require a criminal record check. Would not want to hire someone convicted of theft.	902-423-4466	
Sobeys Lacewood Drive	287 Lacewood Dr, Halifax	No	Do not require a criminal record check	902-457-2102	
CTS Container & Trailer Services Ltd., Dartmouth, NS	33 Macdonald Ave, Dartmouth	No	Do not require a record check. Do conduct drug tests.	902-468-1960	
Bartel Fine Home Building Inc.	Halifax, Nova Scotia	No	No check required. Depends on circumstance.	902-497-6117	
Casey Metro (Admin)	89 Mann St, Bedford, NS B4A 2W4	Yes	Required for truck drivers but not for other positions.	902-835-4823 (Maria)	
Canadian Tire Dartmouth	30 Lamont Terrace, Dartmouth	No	No check required except for an office position (record and credit check)		
Metro Gutter	Mail: 610 Wright Avenue, 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	admin@metro gutter.ca admin@metrogutter.ca
Karen's Recycling	807 Main Street, Westphal, NS B2W 3W7	No	No check required.	902-435-7811	

<b>Kempt Screen Golf</b>	<b>3199 Connaught Avenue, Halifax, B3L3A9</b>		<b>Depends on the circumstance, worth applying</b>	<b>902-292-0077</b>	<b>sywkempt@gmail.com</b>
<b>Green Diamond Equipment Ltd</b>	<b>270 Horseshoe Lake Drive, Halifax</b>	<b>Yes</b>	<b>Do require a criminal record. Would still consider applicants with a record depending on convictions. Would not consider convictions involving firearms or violent crime.</b>	<b>902-450-0712 (Ask for Bryson)</b>	
<b>Coast Assembly and Installations</b>	<b>6656 Chisholm Avenue, Halifax</b>	<b>Yes</b>	<b>Do require a check. Wouldn't hire for assault or theft convictions.</b>	<b>902-329-3224</b>	<b>eastcoastassembly@outlook.com</b>
<b>Eastern Traffic Services</b>	<b>927 Rocky Lake Dr, Bedford</b>		<b>Depends on position. No check for traffic control. Would conduct for driving positions and also require a driver's abstract. Depends on conviction.</b>	<b>902 835-5272</b>	

**COLCHESTER  
- EAST HANTS -  
CUMBERLAND**



COMMUNITY SUPPORTS AND CHILD CARE CENTRES – free unless specified otherwise

Colchester - East Hants – Cumberland		
Maggie's Place	<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> <li>- Car seat safety and installation</li> </ul>	<p>902-895-0200 (Colchester) 902-667-7250 (Cumberland)</p> <p>1027 Prince Street, Truro</p>
Colchester Transportation Cooperative Ltd	<ul style="list-style-type: none"> <li>-Non-profit transportation cooperative serving all of Colchester County</li> <li>-Provides affordable, accessible transportation on a pre-booked basis. Designed for transport to work or school on a regular schedule.</li> <li>-Priority is provided to seniors and those with accessibility requirements. Anyone can use our service.</li> <li>-Must book a minimum of 24 hours in advance.</li> </ul>	<p>902-896-7433</p> <p>14 Court Street, Suite 103 Truro NS B2N 3H7</p> <p>Dispatch Mon-Fri 8:30am-3pm Bus Mon-Fri 7am-5pm</p> <p>ctcl@ns.sympatico.ca www.ctcl.ca</p>
Lotus Centre – A Resource for Women	<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>	<p>902-895-4295</p> <p>67 Dominion Street, Truro</p> <p>Monday-Friday, 8:30am-4:30pm Closed for lunch 12pm-1pm</p> <p>www.thelotuscentre.net Sandi@thelotuscentre.net</p>
Credit Counselling Services of Atlantic Canada	<ul style="list-style-type: none"> <li>-Services include budgeting, debt and money management counselling.</li> </ul>	<p>902-895-0334</p> <p>Bank of Montreal Building 35 Commercial Street, Suite 312, Truro</p> <p>Mon-Thurs 8am-8pm Fri 8am-5pm Sat 9am-1pm</p> <p>csinfo@solveyourdebts.com http://www.solveyourdebts.com</p>

<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> <li>- *Specifically, for Aboriginal Families living off reserve, with children 6 or younger</li> </ul>	<p>902-895-1738 1-800-565-4372 (toll free)</p> <p>129 Truro Heights Rd, Truro</p>
<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>	<p>902-895-1523 (General Questions)</p> <p>129 Truro Heights Rd, Truro</p>
<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> <li>- Mom's mental health wellness</li> </ul>	<p>902-883-4349</p> <p>Rm 104, 224 Hwy 214, Elmsdale</p> <p>www.ehfrc.com info@ehfrc.com</p>

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

<b>Colchester - East Hants - Cumberland</b>		
<b>Feed Nova Scotia Helpline</b>	-The main line will connect you with closest food bank	<p>902-457-1900</p> <p>feednovascotia.ca</p>
<b>Colchester Food Bank</b>	- Provides food support	<p>902-893-4566</p> <p>580 Prince Street, Truro</p> <p>colfoodbank@eastlink.ca http://www.colchesterfoodbank.com/</p>
<b>Connection Church Baby Supplies</b>	-Provides families in need with baby supplies.	<p>902-893-9521</p> <p>38 Pleasant Street, Truro</p> <p>First Sat 10am-11:30am</p> <p>connect@connectionchurchtruro.ca http://www.connectionchurchtruro.ca</p>
<b>Hants North Community 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> </ul>	<p>902-362-2808</p> <p>6 Barr Settlement Road, East Gore</p> <p>Open one day a week, call for times</p>

	- *Clients can access the food bank once a month for a food order	
Salvation Army Family Services (Truro)	- Provides emergency food support - Typically provides enough food for three to five days - *Note clients can access the program once every 90 days	902-893-3042  14 Outram Street, Truro  Thursdays 10am-4pm By Appointment, please call on Mondays to make an appointment for that week
Shumilacke Food Bank Society	- Provides emergency food support - Typically provides enough food for three to five days - *clients can access the food bank once a month	902-758-1701  5 Mill Village Road, Shubenacadie  Friday: 1pm-3:30pm
The Lotus Centre	- Seasonal clothing (Jackie's Closet)	902-895-4295  67 Dominion Street, Truro  Monday-Friday, 8:30am-4:30pm Closed for lunch 12pm-1pm www.thelotuscentre.net Sandi@thelotuscentre.net
Pugwash and Area Open Hamper Food Bank	-Provides emergency food support to those in need. Normally provides three to five days of food. -Accepts monetary and food donations	902-664-8691  260 Church Street, Pugwash  Wed 1pm - 3pm  d.pal@seasidehighspeed.com openhamper@gmail.com

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

<b>Colchester - East Hants - Cumberland</b>		
Northern Healthy Connections Society Youth Group	- Offers an educational youth group with learning modules such as: - Addictions - HIV/AIDS - Self-esteem	902-895-0931  33 Pleasant Street, Truro
Slate Youth Centre	- Provides a drop-in centre for youth that offers a variety of programs and activities	902-893-3991  883 Prince Street, Truro  info@slateyouth.ca http://archwaycounselling.ca/slate/

**MENTAL, SEXUAL AND PHYSICAL HEALTH – free unless specified otherwise**

<b>Colchester - East Hants - Cumberland</b>		
<b>Alcoholics Anonymous (AA), Amherst, Springhill &amp; Oxford Area</b>	<b>-Community support groups for those coping with alcohol addiction</b>	<b>902-447-3457</b>  <b>Stan_ellis1234@hotmail.com</b>
<b>Alcoholics Anonymous (AA), Great Village, Shubenacadie, Tatamagouche, Bible Hill &amp; Truro Area</b>	<b>-See above</b>	<b>902-956-3737</b>  <b>district6@area82aa.org</b>
<b>Emergency Department- Colchester East Hants</b>	<b>-Emergency health services, including mental health assessment</b>	<b>902-893-5554</b>  <b>600 Abenaki Road, Truro</b>
<b>Public Health Truro</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>- Environmental health information for NS</li> </ul>	<b>902-893-5820</b>  <b>Colchester East Hants Health Centre, 600 Abenaki Road, Level 1 Wing B</b>
<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>	<b>902-893-3635</b>  <b>68 Robie Street, Fundy Trail Mall, Truro</b>  <b>Open Evenings, Mon-Friday</b> <b>Saturday and Sunday – Open at 11:30AM</b>
<b>Archway Counseling Association</b>	<b>- Counselling for adults, youth, children, individuals, couples and families</b>	<b>902-893-3991</b>  <b>883 Prince Street, Truro</b>  <b>info@archwaycounselling.ca</b>
<b>Welkaqnuik (Next Step Shelter)</b>	<b>- Second stage housing</b>	<b>902-895-1738</b> <b>1-800-565-4372 (toll free)</b>

The Wood Street Centre	<ul style="list-style-type: none"> <li>- Offers treatment and programs for children and youth. Specifically offering a range of support for behavioural/ emotional challenges</li> </ul>	<p>902-896-7040</p> <p>225 Wood Street, Truro</p> <p>Leslie.langman@novascotia.ca</p>
Truro Head Start Society	<ul style="list-style-type: none"> <li>- Special needs inclusive preschool</li> </ul>	<p>902-895-1411</p> <p>36 Arthur Street, Truro</p> <p>Mon-Friday, 9:00am-3:00pm</p>
Colchester Sexual Assault Centre	<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 STI's</li> </ul>	<p>902-897-4366</p> <p>80 Glenwood Drive, Truro</p> <p>Monday-Thursday, 9:30am-4:30pm</p> <p><a href="https://www.colchestersac.ca/">https://www.colchestersac.ca/</a>  <a href="mailto:info@colchestersac.ca">info@colchestersac.ca</a></p>
Colchester East Hants Community Hospice Society	<ul style="list-style-type: none"> <li>- Grief support counselling</li> <li>- Grief support drop-in groups</li> <li>- Evening remembrance services, opportunity for collective grieving</li> </ul>	<p>902-893-3265</p> <p><u>Address:</u> 89 Queen Street, Truro</p> <p><a href="https://cehhospice.org/">https://cehhospice.org/</a>  <a href="mailto:info@cehhospice.org">info@cehhospice.org</a></p>
Bridges Institute, Domestic Violence Counselling	<ul style="list-style-type: none"> <li>- Offers individual, group, couple and family counselling to help people move away from abuse and toward respectful relationships.</li> </ul>	<p>902-897-6665</p> <p>676 Prince Street, Unit 2, Truro</p> <p><a href="mailto:bridges@bridgesinstitute.org">bridges@bridgesinstitute.org</a>  <a href="http://www.bridgesinstitute.org/">http://www.bridgesinstitute.org/</a></p>
Northern Healthy Connections Society	<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>- Healthy program program</li> <li>- *Eligibility: those affected with HIV/Aids, hepatitis C, sexually transmitted infections or other blood borne pathogens and their support people, injection drug users and family members</li> </ul>	<p>902-985-0931 (office)</p> <p>33 Pleasant Street, Truro</p> <p>Monday-Friday, 9am-4:30pm</p> <p><a href="mailto:admin@nhcsociety.ca">admin@nhcsociety.ca</a>  <a href="http://www.nhcsociety.ca/">http://www.nhcsociety.ca/</a></p>

<p>Northern Healthy Connections Society, Mobile Outreach Service- Cumberland County</p>	<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>	<p>902-895-0931 (office) 902-956-3965 902-397-1464</p>
<p>Canadian Mental Health Association, Colchester-East Hants Branch</p>	<p>Promotes the mental health of all and supports the resilience and recovery of people experiencing mental illness. Programs include:</p> <ul style="list-style-type: none"> <li>- Community Outreach Program</li> <li>- Independent Living Support Program</li> <li>- Youth Outreach</li> <li>- Community Housing Outreach</li> <li>- Professional Development</li> <li>- Supportive Programming</li> </ul>	<p>902-895-4211</p> <p>574 Prince Street, Truro</p> <p>Monday to Friday, 9:00 AM to 5:00 PM</p> <p>cmha.ceh11@gmail.com</p>
<p>Mental Health and Addiction Services, Crisis Response Service</p>	<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 9-1-1</li> <li>- Individuals may refer themselves or may be referred by family doctors, family members, friends and community agencies</li> </ul>	<p>902-896-2606 1-800-460-2110 ext 42606 (toll free) 1-888-429-8167 (toll free, after hours)</p> <p>Monday-Thursday, 9:00am-6:00pm Friday-9:00am-4:30pm</p>
<p>Mi'kmaw Family Healing Centre</p>	<ul style="list-style-type: none"> <li>- Can direct you to nearest services</li> </ul>	<p>902-893-8483-24 hr crisis line (Truro) 1-800-565-4741 (toll free)</p>
<p>Narcotics Anonymous (NA) – Central Nova Narcotics Anonymous</p>	<ul style="list-style-type: none"> <li>-Community support groups for those coping with drug addiction</li> </ul> <p>Meetings are offered in the following communities: Antigonish, Bridgewater, Dartmouth, Elmsdale, Eskasoni, Glace Bay, Halifax, New Glasgow, Sackville, Springhill, Sydney, Sydney Mines, Truro, Whycomomagh, Yarmouth</p>	<p>902-789-8323</p> <p><a href="http://www.centralnovaarea.ca/">http://www.centralnovaarea.ca/</a></p>
<p>Sexual Health Centre for Cumberland County</p>	<ul style="list-style-type: none"> <li>- Services include: <ul style="list-style-type: none"> <li>- Safer sex supplies (e.g., condoms, dams, lube, etc.)</li> <li>- Anonymous pregnancy testing</li> <li>- Support, guidance and/or peer counselling for individuals</li> <li>- Educational programs and/or training workshops</li> </ul> </li> </ul>	<p>902-667-7500 11 Elmwood Dr., Amherst</p> <p>shccc@ns.aliantzinc.ca <a href="https://sexualhealthmatters.ca/">https://sexualhealthmatters.ca/</a></p>

**LEGAL SUPPORT**—free unless specified otherwise

<b>Colchester - East Hants - Cumberland</b>		
<b>Cumberland Restorative Justice Society</b>	<ul style="list-style-type: none"> <li>- Provides the Nova Scotia Restorative Justice Program to youth and adults in conflict with the law, and victims of crime in Cumberland County</li> <li>- Provides education and facilitation of restorative processes for local groups and community organizations</li> </ul>	<p>902-667-4414</p> <p>54 Victoria Street, Amherst</p> <p>crjs@eastlink.ca www.cumberlandrj.ca</p>
<b>Restorative Justice (aka) Community Justice Forum Provided by the RCMP (Truro)</b>	<ul style="list-style-type: none"> <li>- Alternative methods of justice outside of the formal system, focus is on offender accountability, problem solving</li> </ul>	<p>902-893-6820</p> <p>283 Pictou Road, Bible Hill</p>
<b>John Howard Restorative Justice (Central Region)</b>	<ul style="list-style-type: none"> <li>- 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</li> </ul>	<p>902-843-4969</p> <p>1019 East Prince Street, Unit A, Truro</p> <p>chris.king@ns.johnhoward.ca</p>
<b>Mi'kmaw Legal Support Network, Millbrook</b>	<ul style="list-style-type: none"> <li>- Provides legal support services and victim support services to Aboriginal people through programs such as the Mi'kmaw Court Worker program and the Mi'kmaw Customary Law program.</li> <li>- Victim support workers provide support to victims/survivors throughout the court process including help with preparing for court and assisting with victim impact statements.</li> </ul>	<p>902-895-1141</p> <p>803 Willow Street, Truro</p>

**HOUSING INFORMATION** – free unless specified otherwise

<b>Colchester - East Hants – Cumberland</b>		
<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 (toll free) Amherst and Cumberland County: 902-667-8757 1-800-934-2445 (toll free)
<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  Monday-Sunday, 10am-9pm  info@redbearhealinghome.ca
<b>Wenjikwom Housing Commission (Truro)</b>	-Helps provide affordable housing solutions for people living off reserve	902-354-2751 1-800-565-4372 (toll free)

**SHELTERS/ PLACES TO STAY** —free unless specified otherwise

<b>Colchester - East Hants - Cumberland</b>		
<p><b>Third Place Transition House</b></p>	<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> <li>*Some services available 24 hours</li> </ul>	<p>902-893-4844 (general inquiries)            902-893-3232 (crisis line)            902-895-9740 (women’s outreach)            1-800-565-4878 (toll free)</p> <p><a href="http://www.thirdplaceth.ca/">http://www.thirdplaceth.ca/</a></p>
<p><b>Eagles' Nest Recovery House In-Patient Treatment Centre, Native Alcohol and Drug Abuse Counselling Association of Nova Scotia</b></p>	<ul style="list-style-type: none"> <li>- Offers unique strength-based wellness programs centred on traditional Aboriginal values</li> <li>- Programs include:               <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> </ul> </li> <li>- Daily sessions are provided on:               <ul style="list-style-type: none"> <li>- Addictions</li> <li>- Recreation</li> <li>- Crafts therapy</li> <li>- Physical development</li> <li>- Cross cultural awareness</li> </ul> </li> <li>- Eligibility:               <ul style="list-style-type: none"> <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> </li> </ul>	<p>902-758-4277</p> <p>44 Eagles Nest Avenue, Indian Brook</p>

<b>Mi'kmaw Family Healing Centre – Millbrook First Nation</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 (toll free)</p> <p>PO Box 665, Truro, NS B2N 5E5</p> <p>beverly.walker@novascotia.ca</p>
<b>Autumn House, Amherst</b>	<p>- Short-term housing and counselling for women` and children who are dealing with and trying to escape abuse</p>	<p>902-667-1200 (24 hour help line) 902-667-1344 (shelter admin)</p>
<b>Truro Homeless Outreach Society Hub House</b>	<p>- Provides a year round overnight emergency shelter and other supports.</p>	<p>902-842-2538</p> <p>862 Prince Street, Truro</p> <p>Mondays, Wednesdays and Fridays: 1-4pm</p> <p>contact.thos@trurohomeless.ca <a href="http://www.trurohomeless.ca">http://www.trurohomeless.ca</a></p>
<b>Welkaqanik Next Step Shelter, Truro</b>	<p>Priority given to Indigenous women</p>	<p>902-895-1523</p>

**FINDING WORK** – free unless specified otherwise

<b>Colchester - East Hants - Cumberland</b>		
<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>	<p>902-661-1509 Ext. 221</p> <p>63 East Victoria Street Amherst</p> <p><a href="http://cansa.ca/">http://cansa.ca/</a></p>

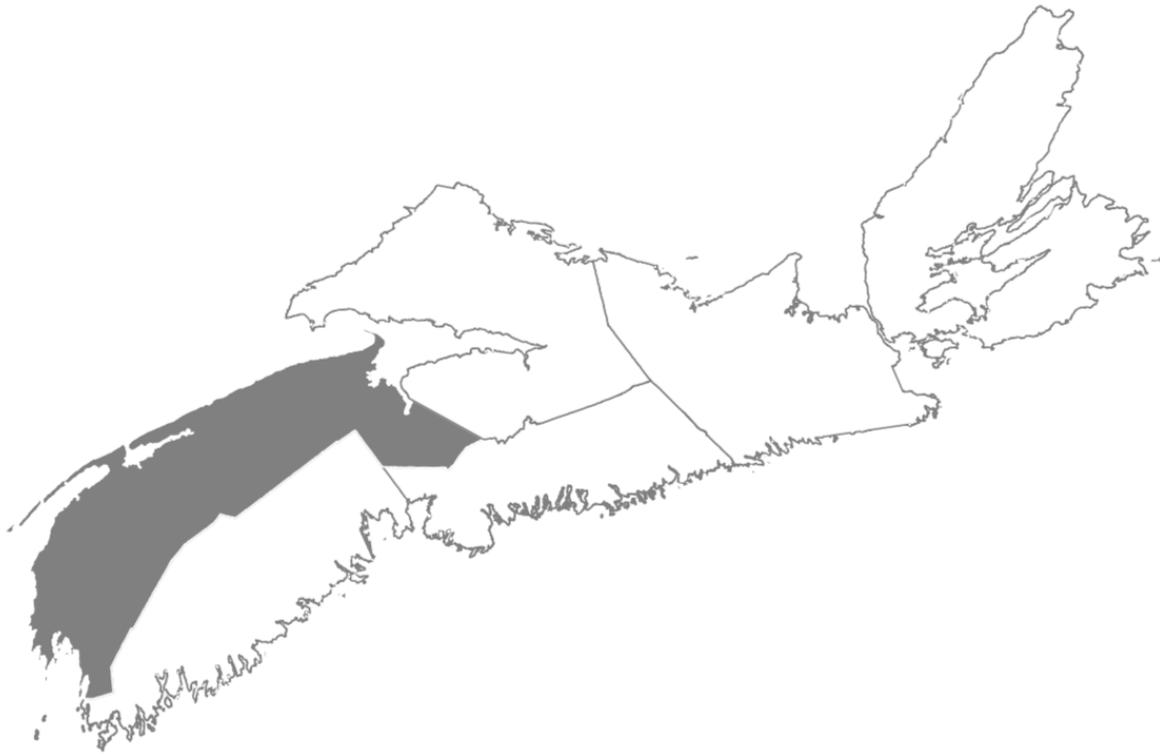
Futureworx, Elmsdale	Short term (30+ hours) and longer-term (2 to 6 months) training programs to assist unemployed individuals who have had difficulty participating in labor force	902-883-7010 15 Commerce Court, Suite 110, Elmsdale
Futureworx, Tatamagouche	- See above	902-657-0180 229 Main Street, Tatamagouche
Futureworx, Truro	- See above	902-843-4290 Head Office 902-895-2837 Work Centre  Head Office: 14 Court Street Suite 305 Truro Work Centre: 80 Glenwood Drive, Truro Satellite Training: Dartmouth 800 Windmill Road, Suite 122

**EDUCATION SUPPORT** —free unless specified otherwise

<b>Colchester - East Hants – Cumberland</b>		
Colchester Adult Learning Association	- Programs include: - Adult Learning Program - Family Learning Program - GED prep course - English Literacy - NETwork program	902-895-2464 105-B Walker Street, Truro  contactcala@gocala.ca <a href="http://www.gocala.ca/">http://www.gocala.ca/</a>
Cumberland Adult Network for Upgrading	- Programs include: - Adult Learning Program, Levels 1 and 2 - Focused Skill Development - Art classes - GED prep courses - Workshops/Certificate Programs	902-661-0153 21 Acadia Street, 2nd Floor, Amherst  Office.canu@gmail.com <a href="http://www.canu-ns.ca/">http://www.canu-ns.ca/</a>
Indian Brook First Nation Employment & Training	- Offers a variety of courses and workshops, as well as supports in applying for post-secondary programs	902-758-3372 1-877-258-5550 (toll free)  Micmac Post Office, 118 Sesame Street, Hants County  indianbrookemployment@hotmail.com <a href="http://sipeknekatik.ca/employment-training/">http://sipeknekatik.ca/employment-training/</a>

<p><b>East Hants Community Learning Association</b></p>	<p>- Programs include:</p> <ul style="list-style-type: none"> <li>- Adult Learning Program, Levels 1 and 2</li> <li>- GED prep courses</li> <li>- Family literacy</li> <li>- Senior safety</li> <li>- Skills to work program</li> </ul>	<p>902-883-1608</p> <p>The Nova Centre, Suite 101, 224 Hwy #214, Elmsdale</p> <p>ehalacoordinator@gmail.com  <a href="http://easthantslearning.com/">http://easthantslearning.com/</a></p>
<p><b>Nova Scotia School for Adult Learning</b></p>	<p>- 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.</p>	<p>877-466-7725 (toll free)</p>

# VALLEY – YARMOUTH



COMMUNITY SUPPORTS AND CHILD CARE CENTRES – free unless specified otherwise

<b>Valley – Yarmouth</b>		
<b>7th Step Society, Annapolis Valley</b>	-Holds weekly peer support meetings for individuals with experience in the criminal justice system	902-422-0456  Info.7step.ns@gmail.com
<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 Street, Kentville
<b>Department Of Community Services</b>	-See above	902-742-0741  Yarmouth District Office 10 Starrs Road, Yarmouth
<b>Family Resource Centre of West Hants</b>	-Offers family directed programming: Playgroup, Babylove, Healthy Beginnings, Three Year Old Wellness Checks, West Hants a Ride.	902-798-5961  Windsor Mall, 80 Water Street, Windsor NS  frcfwh@eastlink.ca <a href="https://frcofwh.webs.com/">https://frcofwh.webs.com/</a>
<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 (After Hours Emergencies)  AMV Morfee Centre, 24 School Road Greenwood  Hours of Operation Mon-Fri 8am-9pm  home@greenwoodmfrca.ca <a href="http://www.cafconnection.ca">http://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  family.centre@kcfrc.ca <a href="http://www.kcfrc.ca/">http://www.kcfrc.ca/</a>

<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. Apartment Locating / transitional and permanent residence</li> <li>Furniture Bank</li> <li>Breakfast Program</li> </ul>	<p>902-365-3665</p> <p>32 Cornwallis St, Kentville</p> <p>openarms@openarms.ca</p>
<b>Open Arms Berwick Outreach</b>	<p>See above</p>	<p>902-365-3665</p> <p>200 Mill Street, Berwick</p> <p>Hours of Operation:  Monday: 2-4pm  Wednesday: 10am-noon  Friday: 10am-noon</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  1-877-392-8800 (Toll free)</p> <p>228 St. George Street, Annapolis Royal</p> <p>wprc@womensplaceresourcecenter.com</p>
<b>Salvation Army Kentville Community &amp; Family Services</b>	<p>Provides programs and supports to those who are vulnerable, facing challenges or in crisis.</p>	<p>902-678-4534</p> <p>15 Nichols Avenue, Kentville</p> <p>kirk_mcleod@can.salvationarmy.org</p>
<b>Salvation Army Yarmouth Community &amp; Family Services</b>	<p>- See above</p>	<p>902-742-2519</p> <p>103 Brunswick St, Yarmouth</p> <p>mike_mailman@can.salvationarmy.org  melissa_mailman@can.salvationarmy.org</p>

<b>Tri-County Women's Centre – Yarmouth Office</b>	<b>Offers a variety of services including:</b> <b>Individual supportive counselling and advocacy</b> <b>Navigation and support services</b> <b>Information and referrals</b> <b>Accompaniment to appointments</b> <b>Providing assistance filling out forms</b> <b>Connecting Women in Business</b> <b>Specialized Trauma Counselling Services for survivors and victims of sexualized violence.</b> <b>Support and navigation for survivors and victims of sexualized violence</b>	<b>902- 742-0085</b> <b>1-877-742-0085 (Toll Free)</b>  <b>12 Cumberland Street, Yarmouth</b>  <u><a href="http://www.tricountywomenscentre.org">www.tricountywomenscentre.org</a></u>
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**FOOD BANKS / SOUP KITCHENS/ CLOTHING/ FURNITURE—free unless specified otherwise**

<b>Valley - Yarmouth</b>		
<b>Annapolis Area Food Bank Society</b>	<b>Food bank</b>	<b>902-532-5572</b>  <b>590 George Street, Annapolis Royal</b>  <b>Hours of Operation:</b> <b>Wednesday - 06:00 PM - 08:00 PM (2nd and 3rd)</b>
<b>Berwick Food Bank</b>	<b>Food bank</b>	<b>902-538-1996</b>  <b>100 South St., Unit 22B, Berwick</b>  <b>Hours of Operation:</b> <b>Saturday - 09:00 AM - 11:00 AM</b>
<b>Bridgetown &amp; Area Food Bank</b>	<b>Food bank</b>	<b>902-665-2858</b>  <b>7 Queen St., Bridgetown</b>  <b>Hours of Operation:</b>

		Wednesday : 09:00 AM - 12:00 PM
Canadian Mental Health Association, SOUP Program	Community group where people come together to help prepare food for the community. Help prepare soup of the week Eat what you can, take what you need	902-679-7464  15 Nichols Ave, Kentville  Hours of Operation: Friday: 9:30 am-2 pm
Canning Area Food Bank	Food bank	902-582-3886  1000 Seminary Ave, Canning  Hours of Operation: Wednesday: 11:45 AM - 02:30 PM
Clare Food Bank	Food bank	902-769-2182  9650 Highway 1, Saulnierville  Hours of Operation: Wednesday: 10:00 AM - 12:00 PM (every 3rd Wednesday of the month)
Digby & Area Food Bank	Food bank	902-245-4508  63 Warwick St., Digby,  Hours of Operation: Wednesday : 09:00 AM - 12:00 PM
Fundy Interchurch Food Bank	- Food bank	902-679-3664  50 Belcher St., Kentville  Hours of Operation: Thursday: 10:00 AM - 02:00 PM
Hantsport & Area Community Food Bank	- Food bank	902-352-3002  3 Oak St., Hantsport  Hours of Operation: Wednesday: 09:00 AM - 12:00 PM (2nd Wednesday of the month)
Harvest House Community Outreach	- Meal program - Drop-in	902-790-4560  95 Stannus St., Windsor  Hours of Operation: Monday: Supper 4-5:30 PM Tuesday: Lunch 12-2 PM Wednesday: Lunch 12:30 - 2 PM

		<p>Thursday : Supper 4 – 5:30 PM Friday: Café night at 7-9 PM</p>
<p>Salvation Army Community &amp; Family Services, Emergency Support</p>	<p>Provides emergency support to those in need including: Food Clothing Food vouchers Can access once every three months Requires proof of income and identification for all family members</p>	<p>902-665-4011</p> <p>16 Post Office Street, Bridgetown</p> <p>Hours of Operation: Bridgetown to Clementsport (Bridgetown location): Second and third Monday of the month, 10am-4pm * By appointment only Lawrencetown to Kingston (Middleton location): Second and third Tuesday of the month, 10am-4pm * By appointment only Digby to Weymouth (Digby location): Second and third Wednesday of the month, 10am-4pm * By appointment only</p> <p><a href="mailto:sa.bridgetown@eastlink.ca">sa.bridgetown@eastlink.ca</a></p>
<p>Twelve Baskets Food Bank</p>	<p>Food bank</p>	<p>902-825-3966</p> <p>9326 Highway 10, Nictaux</p> <p>Hours of Operation: Mondays 1-3pm Wednesdays 6:00pm to 8:30pm Fridays 9:00am to 11:30am</p>
<p>Upper Room Food Bank Association</p>	<p>Food bank</p>	<p>902-765-0303</p> <p>669 Main St., Kingston</p> <p>Hours of Operation: Thursday: 07:00 PM - 08:45 PM</p>
<p>Weymouth Area Food Bank</p>	<p>Food bank</p>	<p>902- 837-4621</p> <p>19 Victoria Ave</p> <p>Hours of Operation: Saturday: 08:30 AM - 12:00 PM (2nd Saturday of the month)</p>
<p>Windsor &amp; District Food Bank</p>	<p>Food bank</p>	<p>902-798-4313</p> <p>10 Sanford Dr., Windsor</p> <p>Hours of Operation: Tuesday: 12:00 PM - 04:00 PM</p>

		Friday: 12:00 PM - 04:00 PM
Wolfville Area Food Bank	Food bank	902-542-0040 487 Main St., Wolfville Hours of Operation: Thursday: 08:45 AM - 4 PM <a href="mailto:wolfvilleareafoodbank@gmail.com">wolfvilleareafoodbank@gmail.com</a>
Yarmouth Food Bank	Food bank	902-742-0918 2 Herbert St., Yarmouth Hours of Operation: Tuesday - 01:00 PM - 03:30 PM

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

<b>Valley – Yarmouth</b>		
Beacon Program-Kentville	The Beacon Program is for young adults ages 18 to 35 who are living with mental illness and want to make changes in their lives. Typical stay is 6 months.	902-678-8361 Bldg. #2 150 Exhibition Street, Kentville
The Portal Youth Drop-In Centre	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: Rec Buddies, Family connect and RE-connect, Outdoor Discovery, One on One support	902-365-3773 440 Main St, Kentville <a href="https://sites.google.com/view/portalyouth">https://sites.google.com/view/portalyouth</a>

SHYFT Youth Services	<p>SHYFT offers residential and outreach supports for homeless and at-risk youth in Digby, Shelburne and Yarmouth counties</p> <p>Supports include:</p> <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>	<p>902-881-3111 1-855-781-3111 (Toll free)</p> <p>6 Trinity Place, Yarmouth</p> <p><a href="http://www.shyft.ca/ed@shyft.ca">http://www.shyft.ca/ed@shyft.ca</a></p>
Split Rock Learning Centre	Offers various services for youth ages 16+, including employment assistance, housing projects, and help connecting with community resources.	<p>902-742-5509</p> <p>255 Main St, Yarmouth</p>

**MENTAL, SEXUAL AND PHYSICAL HEALTH – free unless specified otherwise**

<b>Valley – Yarmouth</b>		
Alcoholics Anonymous (AA), Annapolis & Kings Counties	Community support groups for those coping with alcohol addiction	<p>902-691-2825</p> <p><a href="mailto:district3@area82aa.org">district3@area82aa.org</a></p>
Alcoholics Anonymous (AA), Wolfville and West Hants County	See above	<p>902-790-0023</p> <p><a href="mailto:district17@area82aa.org">district17@area82aa.org</a> <a href="http://www.district17.area82aa.org">www.district17.area82aa.org</a></p>
Alcoholics Anonymous (AA), Yarmouth & Digby Counties	See above	<p>902-837-7415</p> <p><a href="mailto:district4@area82aa.org">district4@area82aa.org</a></p>
Gambling Services (referral required)	<p>Available to individuals, couples, families and anyone in distress because of excessive gambling (their own or others).</p> <p>Services include assessment, treatment and referrals to other professionals or self-help/support groups.</p>	<p>902-742-3541 Yarmouth Regional Hospital 60 Vancouver Street, Yarmouth</p> <p>902-645-2777 Clare Health Centre, 8559 Highway 1</p>

Canadian Mental Health Association - Kings County	Advocates and provides support to individuals living with mental health issues through programs that promote mentally healthy people in the community.	902-679-7464 4 – 440 Main Street, Kentville  info@cmhakings.ns.ca http://kingsns.cmha.ca/
Canadian Mental Health Association - Yarmouth Digby Shelburne Branch	Aims to increase mental health awareness, education, advocacy, and reduce stigma for people in the Tri-County area	37 Brunswick St, Yarmouth  902-742-0222
Opioid Treatment Program: Annapolis Valley Health Chipman Building	For adults with an addition to opioid (prescription drugs)	1-855-273-7110  15 Chipman Drive, Kentville  Tuesdays 5 to 9 pm
Methadone Clinic: Annapolis Valley Health Soldier's Memorial Hospital	See above	1-855-273-7110  462 Main Street, Middleton  Monday 1 to 2 PM, Wednesday 1 to 5 PM
Overeaters Support Group	-Provides support to individuals who experience compulsive eating	902-542-9710  487 Main Street, Wolfville  Hours of Operation: Fri 10am  <a href="http://www.oa.org">www.oa.org</a>
Narcotics Anonymous (NA) – Central Nova Narcotics Anonymous	- Community support groups for those coping with drug addiction Meetings are offered in the following communities: Antigonish, Bridgewater, Dartmouth, Elmsdale, Eskasoni, Glace Bay, Halifax, New Glasgow, Sackville, Springhill, Sydney, Sydney Mines, Truro, Whycocomagh, Yarmouth	902-789-8323  <a href="http://www.centralnovaarea.ca/">http://www.centralnovaarea.ca/</a>

LEGAL SUPPORT—free unless specified otherwise

Valley - Yarmouth

<b>Nova Scotia Legal Aid - Kentville</b>	<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</b>	<b>902-679-6110 1-866-679-6110 (Toll free)  325 Main Street, Salon B, Kentville</b>
<b>Nova Scotia Legal Aid – Yarmouth</b>	<b>- See above</b>	<b>902-742-7827 1-866-742-3300204 (Toll free)  164 Main Street Yarmouth, NS</b>
<b>Tri-County Restorative Justice Society</b>	<b>Provides restorative alternatives to the traditional court system for individuals in conflict with the law Provides mediation, facilitation and community education for groups and individuals who require help dealing with conflict</b>	<b>902-742-8262  10 Starrs Road, Yarmouth  rjyvon@ns.aliantzinc.ca</b>
<b>Valley Restorative Justice Society</b>	<b>See above</b>	<b>902-679-0650  P.O. Box 621, Kentville N.S., B4N 3X7  valleyrj@ns.sympatico.ca <a href="http://www.valleyrestorativejustice.org">www.valleyrestorativejustice.org</a></b>

**HOUSING INFORMATION – free unless specified otherwise**

<b>Valley – Yarmouth</b>		
<b>Open Arms Kentville Resource Centre</b>	<b>Support with apartment locating and transitioning to permanent residence</b>	<b>902-365-3665  32 Cornwallis St, Kentville  Hours of Operation Monday to Saturday</b>
<b>Canadian Mental Health Association - Kings County, Project HOPE</b>	<b>Designed to assist individuals living with mental illness homeless or at risk of homelessness to obtain and retain housing 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</b>	<b>902-679-7573  4 – 440 Main Street, Kentville  hope.lead@cmhakings.ns.ca <a href="http://kingsns.cmha.ca/">http://kingsns.cmha.ca/</a></b>

<b>Western Regional Housing Authority Kings County - New Minas</b>	<b>Provides affordable rental housing to families in need and offers rental rates based on income.</b>	<b>902-681-3179 1-800-441-0447 (Toll free) 902-681-0806 (Fax)</b>  <b>25 Kentucky Court, New Minas</b>  <b><a href="http://housing.novascotia.ca">http://housing.novascotia.ca</a></b>
<b>Western Regional Housing Authority Yarmouth</b>	<b>Provides affordable rental housing to families in need and offers rental rates based on income.</b>	<b>902-742-4369 1-800-306-3331 (Toll free) 902-749-1258 (Fax)</b>  <b>10 Starrs Road, 2nd Floor, Yarmouth</b>  <b><a href="http://housing.novascotia.ca">http://housing.novascotia.ca</a></b>

**SHELTERS/ PLACES TO STAY** —free unless specified otherwise

<b>Valley – Yarmouth</b>		
<b>Canadian Mental Health Association - Kings County, Affordable Housing Project</b>	<b>CMHA-Kings owns two duplexes in Kentville, comprising 1 – 3 bedroom unit, and 3 – 2 bedroom units</b> <b>These are offered at affordable rates, heat and power included, to people who live with mental illness who are actively working on wellness.</b> <b>“Affordable” varies, but generally means that a family of four must have less than \$35,000 of income in a year.</b>	<b>902-679-7464</b>  <b>4 – 440 Main Street, Kentville</b>  <b><a href="mailto:info@cmhakings.ns.ca">info@cmhakings.ns.ca</a> <a href="http://kingsns.cmha.ca/">http://kingsns.cmha.ca/</a></b>
<b>Chrysalis House- Kentville</b>	<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.</b>	<b>902-679-1922 (24 Hour Help Line) 1-800-264-8682 (Toll-free)</b>

Crosbie House	<p>Focus on treating the disease of addiction and supporting the development of the whole person.  <b>Program includes:</b>  Individual and group counselling  Counselling specific to each client's drug or behaviour of choice  Psycho-educational video study and discussion  Workbook activities and seminars to introduce the steps to recovery  In-house and community recovery meetings  Familiarization with post treatment resources</p>	<p>902-681-0613  1-866-681-0613 (toll free)</p> <p>113 Cornwallis Avenue, New Minas</p> <p>info@crosbiehouse.ca  <a href="http://www.crosbiehousesociety.com">http://www.crosbiehousesociety.com</a></p>
Open Arms/ Inn From the Cold	<p>Emergency winter shelter for women and men open during the winter months</p>	<p>902-365-3665</p> <p>32 Cornwallis St, Kentville</p>
Juniper House	<p>24-hour TOLL FREE crisis line  A safe and secure home for 15 women and children  24-hour staffing  Supportive counselling  A safe, comfortable living environment for as long as six weeks  Outreach programs  Help in understanding the legal and social service systems  A space for women to learn to trust each other and to become productive and confident in their own abilities.  Serves Yarmouth and Shelburne counties</p>	<p>902-742-8689 (24 help line)  902-742-4473 (shelter admin)  902-742-0231 (outreach)  1-800-266-4087 (toll free)</p> <p><a href="http://www.juniperhouse.ca">www.juniperhouse.ca</a>  juniperhouse@eastlink.ca</p>
Searidge Foundation	<p>Drug addiction treatment facility that supports individuals struggling with drug addiction dependencies.  Provides an elevated level of quality to recovery at an affordable cost.  Limited to 12 residents at a time</p>	<p>1-866-777-9614 (toll free)</p> <p>3289 Evangeline Trail, Annapolis Royal</p> <p>info@searidge.org  <a href="https://www.searidgedrugrehab.com">https://www.searidgedrugrehab.com</a></p>
The Refuge	<p>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.</p>	<p>902-690-7091</p> <p>437 Main Street, Kentville</p> <p><a href="http://valleygate.org/index.php/ministries/the-refuge">http://valleygate.org/index.php/ministries/the-refuge</a></p>
Open Arms S.A.F.E. House Program	<p>Provides Safe and affordable housing for people in transition  Operates three properties with a total of 16 rooms.</p>	<p>902-365-3665</p> <p>32 Cornwallis St, Kentville</p>

Valley - Yarmouth		
Avon Region Community Development Association	Assist with job search, including resumes, job applications, interviewing, networking with employers	902-798-5627 80 Water Street, Windsor Mall, Windsor <a href="http://www.arcda.ca/">http://www.arcda.ca/</a>
Community Inclusion Society	Assists persons with disabilities find employment, and employers find qualified employees Services include: Career exploration Skills development Job search support Employment maintenance Cell phone loan program Interview clothing loan program	902-679-7469 866-313-8267 (Toll Free) 61 Webster Street, Kentville <a href="mailto:admin@communityinc.ca">admin@communityinc.ca</a> <a href="http://www.communityinc.ca/">http://www.communityinc.ca/</a>
Conseil de développement économique de la Nouvelle-Écosse, Church Point	Employment Services that help the Acadian and Francophone community. Services include: Determine your needs with respect to career decision making, employment maintenance, job search and skills enhancement Employment Assistance Community Economic Development Entrepreneurship Youth Entrepreneurship Economic Immigration Training	902-769-3284 1649 Highway 1, Box 3, Church Point <a href="https://www.cdene.ns.ca">https://www.cdene.ns.ca</a>
Conseil de développement économique de la Nouvelle-Écosse, Tusket	See above	902-648-0573 1 Slocumb Crescent, Tusket
Employment Opportunities Partnership	Assists with resume writing, cover letter writing, job search, and provides up to date labour market information to clients Support job seekers in finding and maintaining a job.	902-245-1830 87 Warwick Street, Digby <a href="https://employmentopportunitiespartnership.ca">https://employmentopportunitiespartnership.ca</a> <a href="mailto:eop@bellaliant.com">eop@bellaliant.com</a>
PeopleWorx, Annapolis Royal	Offers job search assistance, help writing resumes and cover letters, and workshops Programs include: Continuing Care Assistant program Annapolis Valley Work Centre 27 week employment skills program	902-532-0605 866-609-9675 (Toll Free) 253 Street George Street, Annapolis Royal <a href="http://peopleworx.ca">peopleworx.ca</a>

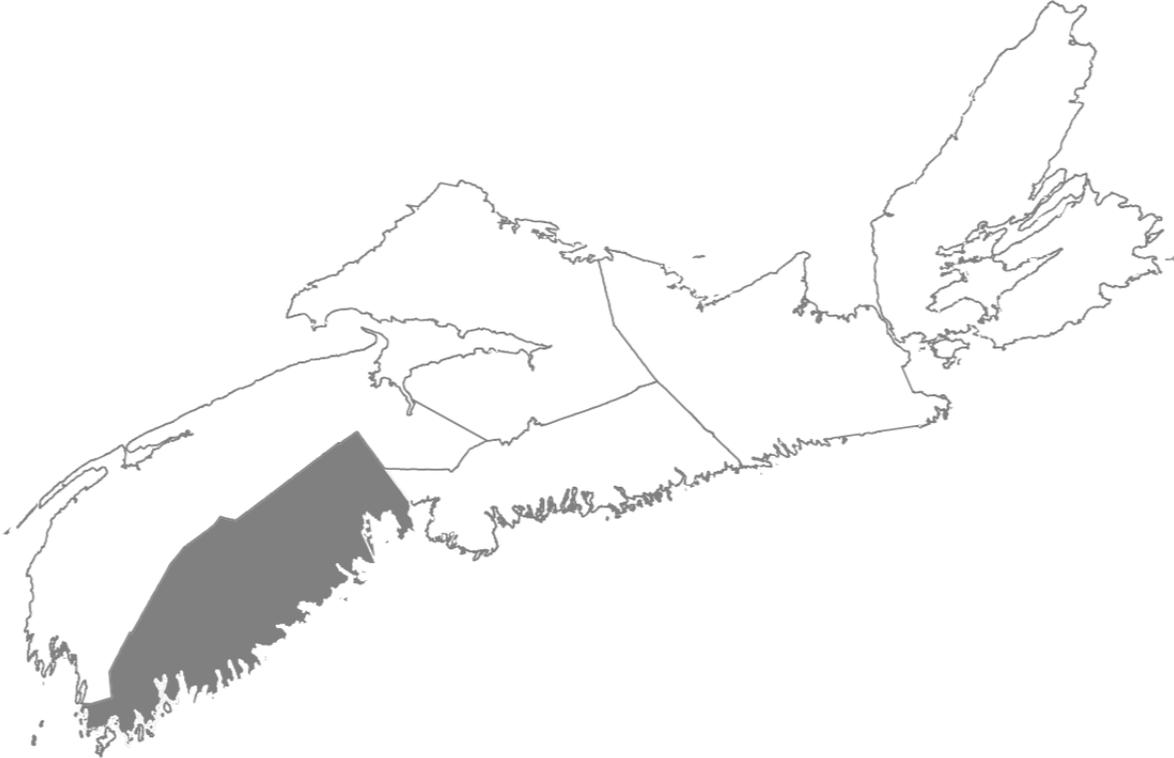
PeopleWorx, Coldbrook	See above	902-679-7460 866-609-9675 (Toll Free)  11 Opportunity Lane, Coldbrook
PeopleWorx, Middleton	See above	902-825-3118 866-609-9675 (Toll Free)  298 Marshall Street, Middleton
Southwest Employment Services, Yarmouth	Assists with career planning, job searching and on-the-job development Services include: Job search Applying for work Career exploration Training	902-742-5859 866-868-9673 (Toll Free)  Pier One Complex, 103 Water Street, Yarmouth  <a href="mailto:info@swemployment.com">info@swemployment.com</a>
Valley African Nova Scotia Development Association	Offers job search supports, workshops and other skills enhancement programs	902-678-7410 866-313-8267 (Toll Free)  61 Webster Street, Kentville  <a href="http://vansda.ca/">http://vansda.ca/</a>

**EDUCATION SUPPORT** —free unless specified otherwise

<b>Valley - Yarmouth</b>		
Annapolis Valley First Nations (AVFN)	Call for details	902-538-7149  29 Toney Blvd. RR #2, Cambridge  <a href="mailto:jtoney@avfn.ca">jtoney@avfn.ca</a> <a href="http://avfn.ca/">http://avfn.ca/</a>
Digby Area Learning Association	Programs include: Educational and skills development programs Adult learning Program and GED Preparation Learning Grove Childcare Centre Family Literacy Technology Help Certified Training	902-245-7540  87 Warwick Street, Digby  <a href="http://www.dala.digby.ns.ca">www.dala.digby.ns.ca</a>
l'Équipe d'alphabétisation-Nouvelle-Écosse	Call for details	902-648-0501 1-888-648-0501 (toll free)  C.P. 59, 1, rue Slocumb, Tusket

<b>Hants Learning Network Association</b>	<b>Programs include:</b> <b>Adult Learning Program, Levels 1, 2 and 3</b> <b>GED prep course</b> <b>Family Literacy program</b> <b>Technology Help</b> <b>Computer literacy</b>	<b>902-792-6754</b>  <b>90 Sanford Drive, PO Box 2465, Windsor</b>  <b>hantslearning@hotmail.com</b> <b>www.hantslearning.com</b>
<b>Nova Scotia School for Adult Learning</b>	<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</b>	<b>902-679-6204</b>  <b>5 Shylah Drive, Unit 1, Kentville</b>  <b>rodney.franklin@novascotia.ca</b>
<b>Valley Community Learning Association</b>	<b>Raises literacy levels of adults by offering:</b> <b>One-on-one tutoring</b> <b>English as a second language classes</b> <b>Numeracy</b> <b>GED prep courses</b> <b>Basic literacy</b> <b>Health literacy,</b> <b>Family literacy</b> <b>Computer literacy</b> <b>Trades-related upgrading</b> <b>Youth programming</b>	<b>902-679-5252</b> <b>1-866-898-7323 (toll free)</b>  <b>49 Cornwallis Street, Suite 106, Kentville</b>  <b>vccla@eastlink.ca</b> <b>www.vccla.ca</b>
<b>Yarmouth County Learning Network</b>	<b>Programs include:</b> <b>In home family literacy and learning program: provides caregivers the opportunity to learn in the comfort of their own home</b> <b>Orton-Gillingham Program: assists those with dyslexia and other reading challenges</b>	<b>902-742-8151</b> <b>3B – 101 Water Street, Box 20, Yarmouth</b>  <b>ycln@yarmouthcountylearningnetwork.org</b> <b>http://www.yarmouthcountylearningnetwork.org/</b>

# SOUTH SHORE



**COMMUNITY SUPPORTS AND CHILD CARE CENTRES – free unless specified otherwise**

<b>South Shore</b>		
<b>Better Together Family Resource Centre</b>	<p>Cooking Groups                      Cooking with Kids                      Crafting program                      Dads Support Group                      Drop In Programs                      Baby Club                      Prenatal Class                      Chill n Chat                      Toddler Time                      Bereaved Parents Support Group                      LaLeche League Mother to Mother                      Breastfeeding Support Group</p>	<p>902-543-3119</p> <p>821 King St., Unit 11, Bridgewater</p>
<b>Department Of Community Services</b>	<p>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.</p>	<p>902-637-2335 (general enquiries)                      902-637-2337 (child welfare services)</p> <p>Shelburne District Office                      P. O. Box 9                      2447 Hwy #3, Barrington NS</p>
<b>Freeman House/ Family Services of Western Nova Scotia</b>	<p>Youth outreach                      Family Connections: Basic needs, employment/income stability, education, wellness, safety and security, life skills, secure attachment/stable relationships, community and social connectedness, cultural socialization, personal development, optimal child and youth development</p>	<p>902 543 7444                      1 877 882 7722 (toll free)</p> <p>48 Empire Street, Bridgewater</p> <p><a href="http://www.fswns.org">www.fswns.org</a></p>
<b>Freeman House/ Family Services of Western Nova Scotia, Men's Intervention Program</b>	<p>Individualized intervention addressing immediate risks within a coordinated community response                      Preventive personal care plans informed by unique experience and the social determinants of health                      Men's peer support, group programs and workshops                      Individual and peer support addressing men's unique experiences of violence, sexual violence, and trauma</p>	<p>Outreach sites are located in: Liverpool, Caledonia, Shelburne, Yarmouth, Digby, Middleton, Kentville, and Windsor.</p>
<b>King Street Family Resource Centre</b>	<p>Offers programs for children, parents, families, and seniors</p>	<p>902-875-3256                      1-800-563-3256 (toll free)</p> <p>35 King Street, Shelburne</p>

<p><b>Queens Family Resource Centre</b></p>	<p>Child-focused Programming  Transition to school  Play N Grow  Parent-Focused Programming  Parent Information Sessions  Pre/Post Natal Programs  Baby Talk  Prenatal education sharing sessions  Infant massage  Breast pump lending program  Family focused Programming  Toddler time  Playgroup at the centre  Wednesday morning drop-in  North Queens Parent and Tot  Community Focused Programming  Special event days  Car seat support</p>	<p>902-354-7176</p> <p>40 Water St., Unit 2, P.O. Box 178,  Liverpool</p>
<p><b>Second Story Women's Centre</b></p>	<p>Supports women and gender-oppressed people, provides safer spaces  Services include:  support,  counseling,  referrals,  personal development programs,  food security programs,  wellness programs,  youth programs, and  social opportunities for women, girls and other gender oppressed people.</p>	<p>902-640-3044</p> <p>18 Dufferin Street, Lunenburg</p> <p>Hours of Operation:  Monday - Thursday 10 am - 4 pm  Friday from 10 am - 1 pm</p> <p><a href="mailto:info@secstory.com">info@secstory.com</a></p>
<p><b>Society of St. Vincent de Paul, St. Joseph's Parish</b></p>	<p>Assists families in need with food, shelter, and support</p>	<p>902-527-6431</p> <p>123 Pleasant Street, Bridgewater</p> <p><a href="mailto:hpc.ssvp@gmail.com">hpc.ssvp@gmail.com</a></p>
<p><b>The Family Centre</b></p>	<p>Child development delays  Family support  Home visits  Positive parenting  Provision of resources (e.g. toy lending, resource library, clothing, baby equipment)</p>	<p>902 245 2300</p> <p>1 Birch Street, Digby</p> <p><a href="mailto:thefamilycentre1@bellaliant.com">thefamilycentre1@bellaliant.com</a></p>

YREACH	<p>Provides information, orientation and settlement/integration support to Immigrants, refugees, and their families who are new to communities outside of HRM</p> <p>In-person individual settlement services  Community Orientation  Social Events and Recreational Opportunities  School settlement activities  Solution-focused counselling and advocacy  Awareness presentations on immigration benefits  Referrals  Support in Accessing Services  Community collaboration  In-person language instruction  Needs assessments and settlement plans for Atlantic Immigration Pilot Program</p>	<p>902-880-4040</p> <p>75 High Street, Bridgewater</p> <p>samir.upadhyay@halifax.ymca.ca</p>
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**FOOD BANKS / SOUP KITCHENS/ CLOTHING/ FURNITURE—free unless specified otherwise**

South Shore		
Bridgewater Interchurch Food Bank	Food bank	<p>902-543-1915</p> <p>150 Churchill St., Bridgewater</p> <p>Hours of Operation:  Tuesday: 01:00 PM - 03:30 PM  Friday: 01:00 PM - 03:30 PM</p>
Lighthouse Food Bank Society	Food bank	<p>902-275-5304</p> <p>101 Valley Rd., Chester</p> <p>Hours of Operation:  Wednesday: 09:30 AM - 12:30 PM</p>
Lunenburg Interchurch Food Bank	Food bank	<p>902-521-1078</p> <p>283 Lincoln St., Lunenburg</p> <p>Hours of Operation:  Tuesday: 09:00 AM - 12:00 PM</p>
Mahone Bay Area Food Bank Association	Food bank	<p>902-624-0890</p> <p>45 School St., Mahone Bay</p> <p>Hours of Operation:  Tuesday: 09:30 AM - 12:00 PM (2nd and 4th of each month)</p>

<b>New Germany Area Food Bank</b>	<b>Food bank</b>	<b>902-644-3336</b>  <b>496 Highway 10, New Germany</b>  <b>Hours of Operation:</b> <b>Wednesday: 10:00 AM - 12:00 PM</b>
<b>Queens County Food Bank</b>	<b>Food bank</b>	<b>902-354-4894</b>  <b>108 College St., Liverpool,</b>  <b>Hours of Operation:</b> <b>Tuesday: 10:00 AM - 03:00 PM</b>
<b>Salvation Army Bridgewater Community &amp; Family Services</b>	<b>Provides programs and supports to those who are vulnerable, facing challenges or in crisis.</b>	<b>902-543-5471</b>  <b>215 Dominion St, Bridgewater</b>  <b>wilson_sutton@can.salvationarmy.org</b>
<b>Salvation Army Liverpool Community &amp; Family Services</b>	<b>See above</b>	<b>902-354-3265</b>  <b>361 Main St, Liverpool</b>
<b>Shelburne Loyalist Food Bank</b>	<b>Food bank</b>	<b>902-875-3823</b>  <b>21 Anne St. Shelburne</b>  <b>Hours of Operation:</b> <b>Wednesday: 09:00 AM - 12:00 PM</b>

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

<b>South Shore</b>		
<b>Freeman House/ Family Services of Western Nova Scotia</b>	<b>Youth Outreach Program provides youth 16+ with:</b> <b>Personal development</b> <b>Basic needs</b> <b>Food security</b> <b>Personal safety</b> <b>Wellness</b> <b>Supported access to primary healthcare</b> <b>Education</b> <b>Employment and income stability</b> <b>Life skills</b> <b>Secure attachment &amp; relationships</b> <b>Community inclusion</b> <b>Cultural connection</b> <b>Affordable housing</b>	<b>902 543 7444</b> <b>1 877 882 7722 (toll free)</b>  <b>48 Empire Street, Bridgewater</b>

Youth Zone, Lunenburg County YMCA	A program for youth of all ages to enjoy physical activities, challenging games and a safe environment for youth to socialize with peers.	902-543-9622  75 High Street, Bridgewater  <a href="http://www.ymcalunenburgcounty.org">http://www.ymcalunenburgcounty.org</a>
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**MENTAL, SEXUAL AND PHYSICAL HEALTH – free unless specified otherwise**

<b>South Shore</b>		
Addictions Wellness Clinic	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 x 1713228  Fisherman’s Memorial Hospital 14 High Street, Lunenburg
Alcoholics Anonymous (AA), South Shore	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>
Narcotics Anonymous (NA) – Central Nova Narcotics Anonymous	– Community support groups for those coping with drug addiction Meetings are offered in the following communities: Antigonish, Bridgewater, Dartmouth, Elmsdale, Eskasoni, Glace Bay, Halifax, New Glasgow, Sackville, Springhill, Sydney, Sydney Mines, Truro, Whycomomagh, Yarmouth	902-789-8323  <a href="http://www.centralnovaarea.ca/">http://www.centralnovaarea.ca/</a>
Second Story Women's Centre	provides support, counseling, referrals, personal development programs, food security programs, wellness programs, youth programs, and social opportunities for women, girls and other gender oppressed people.	902-640-3044  18 Dufferin Street, Lunenburg  Hours of Operation: Monday, Tuesday, Thursday 10 am - 4 pm Wednesday 11 am – 4 pm Friday from 10 am - 1 pm  <a href="mailto:info@secstory.com">info@secstory.com</a>
Sexual Assault Services of Lunenburg and Queens	Provides services to survivors of sexual assault and offers Sexual Assault Nurse Examiners (SANE) program.	902-634-7304 902-634-8801 ext 3244 (SANE Office Line)  <a href="http://www.secstory.com/contact-saslg.html">http://www.secstory.com/contact-saslg.html</a>

<b>South Shore Sexual Health</b>	<b>Resource centre that offers education, programming and resources.</b> <b>Education</b> <b>Individual support</b> <b>Resources and information</b> <b>Safer sex supplies and pregnancy tests</b> <b>Note: does not provide clinical services, but can assist with finding out where to get these services</b>	<b>902-527-2868</b>  <b>109 Logan Road, Unit 2, Bridgewater</b>  <b>lunco.ns.sexualhealth@gmail.com</b> <b>www.sexualhealthlunenburg.com</b>
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**LEGAL SUPPORT**—free unless specified otherwise

<b>South Shore</b>		
<b>South Shore Community Justice Society</b>	<b>Provides restorative alternatives to the traditional court system for individuals in conflict with the law</b>	<b>902-543-1841</b>  <b>129 Aberdeen St, Suite 208</b> <b>Bridgewater</b>  <b><a href="mailto:sscjs@eastlink.ca">sscjs@eastlink.ca</a></b>
<b>Nova Scotia Legal Aid</b>	<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</b>	<b>902-543-4658</b> <b>1-866-543-4658 (toll free)</b>  <b>202-141 High Street</b> <b>Bridgewater</b>

**HOUSING INFORMATION** – free unless specified otherwise

<b>South Shore</b>		
<b>Freeman House/ Family Services of Western Nova Scotia</b>	<b>Housing support program assists people 16+ secure and maintain housing by:</b> <b>developing plans together</b> <b>enhancing life skills</b> <b>addressing barriers spanning the social determinants of health</b> <b>linking with local supports and services</b> <b>receiving followup support</b>	<b>902 543 7444</b> <b>1 877 882 7722 (toll free)</b>  <b>P.O. BOX 131, Bridgewater, Nova Scotia B4V 2L4</b>  <b>admin.fswns@bellaliant.com</b>

<b>Western Regional Housing Authority Lunenburg County Bridgewater</b>	<b>Provides affordable rental housing to families in need and offers rental rates based on income.</b>	<b>902-543-8200 1-888-845-7208 (Toll free) 902-527-1357 (Fax)</b>  <b>Provincial Building 99 High Street, Bridgewater</b>  <b>Hours of Operation: Mon- Fri 8:30am-4:30pm</b>  <a href="http://housing.novascotia.ca">http://housing.novascotia.ca</a>
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**SHELTERS/ PLACES TO STAY** —free unless specified otherwise

<b>South Shore</b>		
<b>Harbour House, Bridgewater</b>	<b>Short-term housing and counselling for women and children as they transition and explore options for their lives</b>	<b>902-543-3999 (24 help line) 1-888-543-3999 (toll free) 902-543-3665 (shelter admin) 902-543-9970 (outreach)</b>  <a href="mailto:thw@harbour-house.ca">thw@harbour-house.ca</a>

**FINDING WORK** – free unless specified otherwise

<b>South Shore</b>		
<b>Employment Solutions, Bridgewater</b>	<b>Help individuals with career planning, job searching and on-the-job development</b>	<b>902-543-2479 866-711-0411 (Toll Free)</b>  <b>215 Dominion Street, Bridgewater</b>  <a href="https://empsolutions.ca">https://empsolutions.ca</a>
<b>Employment Solutions, Chester</b>	<b>See above</b>	<b>902-275-8178 (Call for office hours) 866-711-0411 (Toll Free)</b>  <b>Our Health Centre, 3769 Highway #3, Chester</b>  <a href="mailto:jlecky@empsolutions.ca">jlecky@empsolutions.ca</a>
<b>Employment Solutions, Hubbards</b>	<b>See above</b>	<b>902-858-8178 (Call for office hours) 866-711-0411 (Toll Free)</b>  <b>10 Pte. Richard Green Lane, Hubbards</b>  <a href="mailto:jlecky@empsolutions.ca">jlecky@empsolutions.ca</a>
<b>Employment Solutions, Liverpool</b>	<b>See above</b>	<b>902-356-2039 866-711-0411 (Toll Free)</b>  <b>176 Main Street, Liverpool</b>

		lleblanc@empolutions.ca
Southwest Employment Services, Barrington Passage	Assists with career planning, job searching and on-the-job development Services include: Job search Applying for work Career exploration Training	902-637-3015  3588 Highway 3, Barrington Passage  Hours: Monday, Wednesday & Thursday 8:30a am to 4:30 pm
Southwest Employment Services, Lockeport	See above	866-868-9673  26 North Street, Lockeport  Hours: Friday 8:30 to 4:30
Southwest Employment Services, Shelburne	See above	902-875-2200  25D King Street, Shelburne  Hours: Monday – Friday 8:30 – 4:30
Women Unlimited Association	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 Street, Bridgewater  <a href="mailto:info@womenunlimitedns.ca">info@womenunlimitedns.ca</a>

**EDUCATION SUPPORT** —free unless specified otherwise

<b>South Shore</b>		
Adult Learning Program	Offers the Nova Scotia high school graduation diploma for adults.	902-543-4608  75 High Street Bridgewater  Hours of Operation: Mon- Fri 8am-4:30pm  <a href="mailto:lunenburg.info@nsc.ca">lunenburg.info@nsc.ca</a> <a href="http://www.nsc.ca">http://www.nsc.ca</a>
Employment Solutions Society Adult Learning Opportunities	Part of the Nova Scotia School of Adult Learning Seeks the cooperation, support and generosity of the community to gather resources and funding to improve literacy	902-543-2479 1-866-711-0411 (toll free)  215 Dominion St, Bridgewater  <a href="https://empolutions.ca/">https://empolutions.ca/</a>

<p><b>Nova Scotia School for Adult Learning</b></p>	<p><b>Offers a variety of free educational programs for adults across the province</b>  <b>Programs help increase reading, computer or math skills or prepare for a new career</b>  <b>Offers classes to obtain the Nova Scotia High School Graduation Diploma for Adults and the GED test</b></p>	<p><b>877-466-7725</b>   <b>270 Logan Road</b>  <b>Bridgewater</b>   <b>Chantelle.judge@novascotia.ca</b></p>
<p><b>Queens Learning Network</b></p>	<p><b>Programs include:</b>  <b>Adult Learning Program, Levels 1, 2 and 3</b>  <b>One-on-one tutoring</b>  <b>Family literacy</b></p>	<p><b>902-354-3635</b>   <b>32 Water Street, Liverpool</b>   <b>queenslearning@ns.aliantzinc.ca</b>  <b><a href="http://www.queenslearning.ca/">http://www.queenslearning.ca/</a></b></p>
<p><b>Shelburne County Learning Network</b></p>	<p><b>Programs include:</b>  <b>Adult Learning Program, Levels 1-3</b>  <b>GED prep course</b>  <b>Basic computer skills</b>  <b>9 Essential Skills</b></p>	<p><b>902-637-4333</b>   <b>2517 Hwy. #3 Box 1 Comp 10 Wesley site, Barrington Passage</b>   <b>admin@shelburnelearning.org</b>  <b><a href="http://shelburnelearning.org/">http://shelburnelearning.org/</a></b></p>

# ANTIGONISH - PICTOU - GUYSBOROUGH



COMMUNITY SUPPORTS AND CHILD CARE CENTRES – free unless specified otherwise

<b>Antigonish - Pictou – Guysborough</b>		
<b>Antigonish Community Transit Society</b>	<b>Facilities accessible and barrier-free transportation options for Antigonish Town and County residents</b>	<b>902-867-0411</b>  <b>133 Church Street, Unit 105, Antigonish</b>  <a href="http://www.antigonishcts.org/antigonishcommunitytransit@gmail.com">http://www.antigonishcts.org/antigonishcommunitytransit@gmail.com</a>
<b>Pictou County Women’s Resource &amp; Sexual Assault Centre</b>	<b>Services include: Individual Support Counselling and Crisis Intervention Information and Referral Individualized Advocacy and Accompaniment</b>	<b>902-755-4647</b>  <b>503 South Frederick St. New Glasgow</b>  <a href="mailto:pcwc@womenscentre.ca">pcwc@womenscentre.ca</a> <a href="http://www.womenscentre.ca">www.womenscentre.ca</a>
<b>Antigonish Women’s Resource Centre and Sexual Assault Service Association</b>	<b>Services include: Information and support Advocacy and accompaniment Referrals Outreach services Rural youth education Sexual assault response team Support groups for survivors of sexual trauma Health services Immigrant support Creative circle Income tax preparation program</b>	<b>902-863-6221</b>  <b>204 Kirk Place, 219 Main St. Antigonish</b>  <a href="http://awrcsasa.ca">awrcsasa.ca</a>
<b>Family Services of Eastern Nova Scotia, Antigonish</b>	<b>Education, programming, resources, and transportation support including: Kids &amp; Youth Zone Parenting Help with Greif Coping with Feelings Counselling Youth Services On-Line Counselling Workshops and Programs Men’s Health Centre Employee Assistance Sexual violence prevention</b>	<b>902-863-2358</b>  <b>275 Main Street, Suite 103 Antigonish</b>  <a href="http://ensfamilyservice.ca/">http://ensfamilyservice.ca/</a>
<b>Family Services of Eastern Nova Scotia, New Glasgow</b>	<b>See above</b>	<b>902-752-7562</b>  <b>68 Provost St, New Glasgow</b>  <a href="http://ensfamilyservice.ca/">http://ensfamilyservice.ca/</a>

<b>Kids First Association, Antigonish County</b>	<b>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 Supports families with children 0-6</b>	<b>90-863-3848  83 Kirk Street, Antigonish  antigonish@kids1st.ca <a href="https://kids1st.ca/">https://kids1st.ca/</a></b>
<b>Kids First Association, Guysborough County</b>	<b>See above</b>	<b>902-533-3881 1-888-533-3881 (toll free)  105 Queen Street, Guysborough <a href="mailto:guysborough@kids1st.ca">guysborough@kids1st.ca</a>  <a href="https://kids1st.ca/">https://kids1st.ca/</a></b>
<b>Kids First Association, Pictou County</b>	<b>See above</b>	<b>902-755-5437  110 Provost Street, New Glasgow  <a href="mailto:pictou@kids1st.ca">pictou@kids1st.ca</a> <a href="https://kids1st.ca/">https://kids1st.ca/</a></b>

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

<b>Antigonish - Pictou - Guysborough</b>		
<b>Antigonish Community Food Bank</b>	<b>Food bank</b>	<b>902-863-0611  166 College St., Antigonish  Hours of Operation: Tuesday: 09:30 PM - 11:00 PM Thursday: 01:00 PM - 03:00 PM</b>
<b>Guysborough &amp; Area Food Bank Society</b>	<b>Food bank</b>	<b>902-533-2248  9996 Highway 16, Guysborough  Hours of Operation: Thursday: 3:30 PM - 4:30 PM</b>
<b>Pictou County (East) Food Bank</b>	<b>Food bank</b>	<b>902-755-2906  410 Granville St, New Glasgow  Hours of Operation: Monday: 09:30 AM - 11:30 AM Wednesday: 09:30 AM - 11:30 AM Friday: 09:30 AM - 11:30 AM</b>

<b>Pictou West Food Bank</b>	<b>Food bank</b>	<b>902-485-8996</b>  <b>40 Water St., Pictou</b>  <b>Hours of Operation:</b> <b>Monday: 01:30 PM - 03:00 PM</b> <b>Wednesday: 01:30 PM - 03:00 PM</b> <b>Friday: 01:30 PM - 03:00 PM</b>
<b>Salvation Army Westville Corps.</b>	<b>Food bank</b>	<b>902-752-3299</b>  <b>134 James St., New Glasgow</b>  <b>Hours of Operation:</b> <b>Monday: 08:30 AM - 04:30 PM</b> <b>Tuesday: 08:30 AM - 04:30 PM</b> <b>Wednesday: 08:30 AM - 04:30 PM</b> <b>Thursday: 08:30 AM - 04:30 PM</b> <b>Friday: 08:30 AM - 04:30 PM</b>
<b>St. Francis Xavier University Student Food Resource Centre (students only)</b>	<b>Food bank</b>	<b>5555 Union Place, Antigonish</b>  <b>Hours of Operation:</b> <b>Monday-Saturday: 12:10 – 6:10 PM</b>  <u><a href="mailto:su_food@stfx.ca">su_food@stfx.ca</a></u>

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

<b>Antigonish - Pictou – Guysborough</b>		
<b>Pictou County Roots for Youth</b>	<b>Provide accommodation, guidance and mentorship to home-insecure youth aged 16-24</b> <b>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 broad range of situations</b>	<b>902-695-3241</b>  <b>603 East River Road, New Glasgow</b>  <u><a href="mailto:stacey@pictoucountyrootsforyouth.com">stacey@pictoucountyrootsforyouth.com</a></u> <u><a href="http://www.pictoucountyrootsforyouth.com">www.pictoucountyrootsforyouth.com</a></u>
<b>Big Brothers Big Sisters of Pictou County, Youth Outreach Program</b>	<b>Creates individual and group mentoring relationships amongst adults and youth</b>	<b>902-752-6260</b>  <b>PO Box 781, 323 MacGregor Street New Glasgow</b>  <b>bigbrothers@bellalliant.com</b>

<b>New Leaf, Adolescent Male Program</b>	<b>Programs and service include:</b> <b>Group work</b> <b>Interviewing</b> <b>Suicide and crisis intervention</b> <b>Counselling</b> <b>Adolescent male program</b> <b>Women’s referral</b> <b>School program</b> <b>outreach</b>	<b>902-396-2440</b>  <b>1870-2 Main Street, Westville</b>  <b>info@newleafpictoucounty.ca</b> <b>http://www.newleafpictoucounty.ca</b>
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**MENTAL, SEXUAL AND PHYSICAL HEALTH – free unless specified otherwise**

<b>Antigonish - Pictou – Guysborough</b>		
<b>Alcoholics Anonymous (AA), Pictou, Antigonish &amp; Guysborough</b>	<b>Community support groups for those coping with alcohol addiction</b>	<b>902-870-4015</b>  <u><a href="mailto:district7@area82aa.org">district7@area82aa.org</a></u>
<b>ACTION Atlantic Chronic Pain Support Group, New Glasgow</b>	<b>Groups provide information and support, help people develop coping strategies, and educates individuals living with chronic pain and their family members.</b>	<u><a href="https://paincantwait.weebly.com/">https://paincantwait.weebly.com/</a></u>
<b>Al-Anon &amp; Alateen</b>	<b>A group of families and friends who live with or have lived with an alcoholic and are affected by their drinking. Provides comfort and support through peer group meetings.</b>	<b>902-897-8604</b>  <b>District 6: Truro, Pictou, New Glasgow, Trenton and surrounding areas</b>
<b>Pictou County Sexual Health Centre</b>	<b>Services include:</b> <b>Information and resources about sexual health</b> <b>Referrals and navigation for sexual and reproductive health issues</b> <b>Supportive guidance and/or peer counselling</b> <b>Free or low-cost safer sex supplies</b> <b>Community education</b> <b>Capacity-building training</b>	<b>902-695-3366</b>  <b>279 Foord Street, Stellarton</b>  <u><a href="mailto:director@pcshc.ca">director@pcshc.ca</a></u>

<p><b>Family Services of Eastern Nova Scotia, Men's Health Centre</b></p>	<p>Provides the following health services for males 12 and older:  <b>Physical Health:</b> Individual check-ups, Cancer screening, Healthy heart check-ups, Blood pressure and cholesterol testing  <b>Mental and Emotional Health:</b> Relationship counselling, Fatherhood resources and support, Addictions programs, Management of stress, anxiety, or depression, Support while coping with life changes  <b>Sexual Health:</b> STI screening, HIV testing, Gender and sexuality counselling, Sexual orientation and expression counselling, Sexual victimization resources  <b>Navigation:</b> Helping to find shelter and other basic resources, Helping with questions around social assistance, legal system, employment insurance  <b>Socialization:</b> Chatting, Walking  Referral to other services</p>	<p>902-863-2358</p> <p>275 Main Street, Suite 103  Antigonish</p>
<p><b>Northern Healthy Connections Society, Mobile Outreach Services- Pictou County</b></p>	<p>Offered every second Wednesday  Meets clients where they are at  Supportive counselling, assistance understanding and navigating social service systems  Referral to other services such as food banks/health professionals  Free condoms, needle exchange, referrals to family physicians and HIV/HCV specialists  *Eligibility: those affected with HIV/Aids, hepatitis C, sexually transmitted infections or other blood borne pathogens and their support people</p>	<p>902-895-0931 (office)</p> <p>902-956-3965</p> <p>902-397-1464</p>
<p><b>New Leaf Men's Intervention Program</b></p>	<p>Provides group sessions for those who are struggling with their behaviours in their intimate relationships.  Eligibility: Men who have been struggling with developing and maintaining healthy intimate relationships</p>	<p>902-396-2440</p> <p>1870-2 Main Street, Westville</p> <p>info@newleafpictoucounty.ca  <a href="http://www.newleafpictoucounty.ca">http://www.newleafpictoucounty.ca</a></p>
<p><b>Lindsay's Health Centre, Antigonish Women's Resource Centre and Sexual Assault Service Association</b></p>	<p>Provides collaborative woman-centered primary health care programs and services for women and adolescent girls  Services are provided by a multi-disciplinary team that includes Mental Health Services, Addictions Services, Public Health Services, the Women's Centre, a physician and a nurse practitioner</p>	<p>902-863-6221</p> <p>204 Kirk Place, 219 Main St.  Antigonish</p> <p>info@awrcsasa.ca</p>

<b>Archway Counseling Association, Pictou County</b>	<b>Counselling for adults, youth, children, individuals, couples and families</b>	<b>902-695-3590 902-695-3591</b>  <b>115 Maclean St., New Glasgow</b>  <b>info@archwaycounselling.ca</b>
<b>Narcotics Anonymous (NA) – Central Nova Narcotics Anonymous</b>	<b>- Community support groups for those coping with drug addiction</b> <b>Meetings are offered in the following communities: Antigonish, Bridgewater, Dartmouth, Elmsdale, Eskasoni, Glace Bay, Halifax, New Glasgow, Sackville, Springhill, Sydney, Sydney Mines, Truro, Whycomomagh, Yarmouth</b>	<b>902-789-8323</b>  <b><a href="http://www.centralnovaarea.ca/">http://www.centralnovaarea.ca/</a></b>

**LEGAL SUPPORT**—free unless specified otherwise

<b>Antigonish - Pictou – Guysborough</b>		
<b>John Howard Restorative Justice (North Eastern Region)</b>	<b>For young offenders aged 12-17. Focused on holding the offender accountable in a more meaningful way, repairing the harm done by the offence, reintegrating the offender into the community, and achieving a sense of healing for both the victim and the community.</b>	<b>902-396-1999 ext.151</b>  <b>2042 Queen Street, Unit #4RR 2, Westville</b>  <b>susan.hughes@ns.johnhoward.ca</b>
<b>Mi'kmaw Legal Support Network</b>	<b>Provides sustainable justice support system for all Mi'kmaw and Aboriginal people in the Nova Scotia justice system</b>	<b>902-468-0381</b> <b>1-877-379-2042 (toll free)</b>  <b>pmarshall@mlsn.ca</b>
<b>Nova Scotia Legal Aid Antigonish</b>	<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</b>	<b>902-863-3350</b> <b>1-866-439-1544 (toll free)</b>  <b>70 West Steet, Suite 2, Antigonish</b>
<b>Nova Scotia Legal Aid New Glasgow</b>	<b>See above</b>	<b>902-755-7020</b> <b>1-877-755-7020 (toll free)</b>  <b>116 George Street, New Glasgow</b>

HOUSING INFORMATION – free unless specified otherwise

Antigonish - Pictou - Guysborough		
Antigonish Women's Resource Centre, Antigonish Affordable Housing Project	Call or email for more information	902-863-6221  204 Kirk Place, 219 Main Street, Antigonish  <a href="mailto:info@awrcsasa.ca">info@awrcsasa.ca</a> <a href="http://awrcsasa.ca/">http://awrcsasa.ca/</a>
Eastern Mainland Housing Authority (Antigonish, Guysborough & Pictou Counties)	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
Pictou County Housing Toolkit	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">http://www.parl.ns.ca/projects/healthroom/housing.php</a>

SHELTERS/ PLACES TO STAY —free unless specified otherwise

Antigonish - Pictou - Guysborough		
First Baptist Shelter	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  Hours of Operation: Open from 7pm Wednesday night to 7am Thursday morning
Naomi Society, Antigonish	Short-term housing and counselling for women and children who are dealing with and trying to escape abuse Two units with three bedrooms each. Can live up to one year.	902-863-3807  <a href="http://www.naomisociety.ca/">http://www.naomisociety.ca/</a> <a href="mailto:info@naomisociety.ca">info@naomisociety.ca</a>
Tearmann House, New Glasgow	Short-term housing (15 beds) 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/">http://tearmann.ca/</a>

FINDING WORK – free unless specified otherwise

<b>Antigonish - Pictou – Guysborough</b>		
<b>Career Connections, Antigonish</b>	<b>Services include:</b> <b>Job Search Assistance</b> <b>Help with Resumes, Cover Letters, and Interview Skills</b> <b>Free Wifi Access</b> <b>Mock Interviews</b> <b>Case Management/Career Counselling</b> <b>Free Workshops</b> <b>Employment Nova Scotia Funding Programs Information</b> <b>Access to the latest Labour Market Information</b> <b>Access to Regular Desktop and Fully Accessible Computers</b>	<b>902-863-8244</b> <b>844-344-1369 (Toll Free)</b>  <b>50 James Street, Antigonish</b>  <a href="https://www.careerconnections.ca/">https://www.careerconnections.ca/</a>
<b>Career Connections, Canso</b>	See above	<b>902-870-5697</b> <b>844-344-1369 (Toll Free)</b>  <b>990 Union Street, Canso</b>
<b>Career Connections, Guysborough</b>	See above	<b>902-533-2805</b> <b>844-344-1369 (Toll Free)</b>  <b>9996 Highway 16, Unit C , Chedabucto Centre, Guysborough</b>
<b>Career Connections, New Glasgow</b>	See above	<b>902-752-6826</b> <b>844-344-1369 (Toll Free)</b>  <b>138 Campbell Street, Unit 202 New Glasgow</b>
<b>Career Connections, Sherbrooke</b>	See above	<b>902-522-2049</b> <b>844-344-1369 (Toll Free)</b>  <b>Municipality of the District of St. Mary's, 8296 Hwy #7 P.O. Box 296, Sherbrooke</b>

**EDUCATION SUPPORT** —free unless specified otherwise

<b>Antigonish - Pictou - Guysborough</b>		
<b>Antigonish County Adult Learning Association</b>	<b>Programs include:</b> Achieving high school diploma or high school equivalency Upgrading courses to qualify for secondary education Learning employability skills Improving English as a Second Language Skills Gaining computer competency for the workplace or like skills	902-863-3060  The People’s Place Library 283 Main Street, Antigonish  acala@gmail.com <a href="http://www.acalalearn.ca/">http://www.acalalearn.ca/</a>
<b>Guysborough County Adult Learning Association</b>	<b>Programs include:</b> Adult Learning Program, Levels 1, 2 and 3 Seniors literacy Family literacy	902-533-4252 1-877-332-1277 (Toll free)  9996 Hwy 16, Guysborough County  admin@guysboroughlearning.ca <a href="http://www.guysboroughlearning.ca/">http://www.guysboroughlearning.ca/</a>
<b>Pictou County Continuous Learning Association</b>	<b>Programs include:</b> Adult Learning Program, Levels 1 and 2 GED prep course Family Literacy Workshops Bridge to Success	902-755-5827 (New Glasgow) 902-485-7014 (Pictou)  174 Archimedes Street, New Glasgow 91 Beeches Rd, Pictou  <a href="http://www.piccola.ca">www.piccola.ca</a>

# CAPE BRETON



**COMMUNITY SUPPORTS AND CHILD CARE CENTRES – free unless specified otherwise**

<b>Cape Breton</b>		
<b>Cornerstone Cape Breton Association</b>	<p>Focus on healthy relationships and emotional support and education</p> <p>Offers programs to support men, youth, and communities including:</p> <p>Respectful relationships</p> <p>Circle of Men Drop-in Group</p> <p>Options to Anger</p> <p>Domestic Violence Court programs</p>	<p>902-567-0979</p> <p>1-855-567-0979 (toll free)</p> <p>440 George Street, Suite MM220, Sydney</p> <p><a href="https://www.cornerstonecb.ca/connect@cornerstonecb.ca">https://www.cornerstonecb.ca/connect@cornerstonecb.ca</a></p>
<b>Elizabeth Fry Society of Cape Breton</b>	<p>Services include:</p> <p>Satellite Apartment Program</p> <p>Court Accompaniment Program</p> <p>The Self-Esteem Program (Stoplifting Intervention)</p> <p>Female Teen Intervention Program</p> <p>Information Sessions</p> <p>Women 4 Change (Anger Management)</p> <p>Domestic Violence Workshops</p> <p>Personal Boundaries</p> <p>Conflict Management Program</p> <p>Healthy Relationships</p> <p>The Abundance Program (employment readiness)</p> <p>Facilitator/Court Work Training</p> <p>Volunteer Training</p>	<p>902-539-6165</p> <p>12 Cecelia Levatte Cres., Sydney</p> <p>efrycb@eastlink.ca</p>
<b>Eskasoni Crisis Line</b>	<p>Provides a 24-hour crisis intervention and support phone line to Mi'kmaw people in Eskasoni.</p>	<p>1-855-379-2099 (toll free)</p>
<b>Every Woman's Centre</b>	<p>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</p>	<p>902-567-1212</p> <p>21 Trinity Avenue, Sydney</p>
<b>Family Place Family Resource - Centre Victoria County - North of Smokey</b>	<p>Education, programming, resources, and transportation support including:</p> <p>Childhood injury prevention;</p> <p>Disabilities, disorders, and/or health impairments</p> <p>Family dynamics</p> <p>healthy relationships;</p> <p>Fathering; Health and/or nutrition;</p> <p>High risk pregnancies;</p> <p>Injury and/or special needs;</p> <p>Literacy;</p> <p>Lone parenting - male or female;</p> <p>Mental health and well being;</p> <p>New or first-time mothers</p>	<p>902-336-2208</p> <p>678 New Haven Road, Neil's Harbour</p>

Family Place Family Resource - Victoria County - South of Smokey	See above	902-295-2956  486 Chebucto Street, Baddeck
Family Place Family Resource Centre - Cape Breton Regional Municipality	Parent Education and learning Family Support Child and Youth Development Community Linkages	902-562-5616  714 Alexandra Street, Sydney
Family Place Family Resource Centre - Port Hawkesbury	See above	902-625-1496  57 Tamarac Drive, Port Hawkesbury
Strait Area Women's Place	Women's place services include: Information one-to-one problem solving and emotional support advocacy accompaniment to court (or other legal or medical appointments) referrals a wide array of programming in collaboration with Public Health and Addiction Services.	902-625-1614  609 Church Street, Suite 104 Port Hawkesbury <a href="http://www.facebook.com/StraitAreaWomensPlace">http://www.facebook.com/StraitAreaWomensPlace</a> <a href="http://straitareawomensplace.blogspot.ca/">http://straitareawomensplace.blogspot.ca/</a>

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

<b>Cape Breton</b>		
Ally Centre of Cape Breton	- Food bank - Drop-in - Snack service	902-567-1766  150 Bentinck St., Sydney  Hours of Operation: Monday to Friday: 8:30 AM to 4:30 PM Saturday and Sunday: 12:00 to 7:00 PM
Barra Food Bank Society	- Food bank	902-725-2867  2629 Highway 223, Iona  Hours of Operation: Friday: 12:00 - 03:00 PM
CAW Louisbourg Food Bank Society	- Food bank	902-733-2965  5 Mitchell Street, Louisbourg  Hours of Operation:

		2 <sup>nd</sup> Friday of month: 01:00PM - 03:00 PM
<b>Glace Bay Food Bank Society</b>	- Food bank	902-849-0750  2 Hector St. Glace Bay,  Hours of Operation: Monday to Thursday: 9am to 2pm Friday: 9am to 11am  <a href="mailto:glacebayfoodbank@gmail.com">glacebayfoodbank@gmail.com</a>
<b>Helping Hands South of Smokey</b>	- Food bank	902-295-1847  528 Chebucto St, Baddeck  Hours of Operation: Wednesday: Second Wednesday of every month 10-11 AM
<b>Inner City Churches - Loaves and Fishes Society</b>	- Meal Program	902-539-5182  139 Charlotte St., Sydney
<b>Isle Madame Food Bank</b>	- Food bank	902-594-2525  1460 Highway 206, West Arichat  Hours of Operation: Wednesday: 01:00 PM - 03:00 PM
<b>North Sydney Community Food Bank</b>	- Food bank	902-794-1104  10 Station St., North Sydney  Hours of Operation: Saturday: 1pm to 3pm
<b>Port Hawkesbury Food Bank Society</b>	- Food bank	902-625-3255  514 Granville St, Port Hawkesbury  Hours of Operation: Tuesday: 12:30 PM to 3:45 PM
<b>Port Hood Food Bank</b>	- Food bank	902-787-3124  263 Main St., Port Hood,  Hours of Operation: Sunday: 09:30 AM - 12:00 PM

Salvation Army Sydney Community Church	- Food bank	902-562-1717  55 Inglis St., Sydney
St. Theresa's Food and Clothing Depot	- Food bank	902-564-9235  7 High St, Sydney  Hours of Operation: Thursday: 10:00 AM - 03:00 PM
SVDP Society St. Leonards	- Food bank	902-862-3770  310 Convent St, New Waterford  Hours of Operation: Tuesday: 09:00 AM - 12:00 PM Friday: 09:00 AM - 12:00 PM
Sydney Mines Food Bank Society	- Food bank	902-544-1247  1 Cottage St, Sydney Mines  Hours of Operation: Friday: 01:00 PM - 03:00 PM

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

<b>Cape Breton</b>		
Children at the Critical Hour (CATCH) program, Island Community Justice Society	Early intervention program to foster healthier behaviours and relationships 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.	902-563-2596  360 Prince Street, Suite 13, Sydney  icjs@syd.eastlink.ca
Educational Program Innovations Charity Society	A supportive place for at-risk youth, ages 8 – 18, to be tutored and mentored by volunteers who are close to their age.	902 539-8228  290 Whitney Avenue, Sydney  <a href="mailto:youthpeerprogram@live.com">youthpeerprogram@live.com</a> <a href="http://www.epiccharity.com/contact/">http://www.epiccharity.com/contact/</a>

Family Service of Eastern Nova Scotia, Youth Outreach Program, Glace Bay	Community based program designed to improve the immediate and long term social, educational, vocational, economic, and health outcomes for youth. Core services include: Drop in Crisis Management Supportive Counselling Referrals/linkages Mentoring Accompaniment Outreach Family Work/Support	902-849-4772 1-866-330-5952 (toll free)  9 Minto Street, Glace Bay  familyservice@fsens.ns.ca <a href="http://www.ensfamilyservice.ca">http://www.ensfamilyservice.ca</a>
Family Service of Eastern Nova Scotia, Youth Outreach Program, Port Hawkesbury	See above	902-625-0131 1-866-330-5952 (toll free)  218 MacSween Street, 3rd Floor, Port Hawkesbury  familyservice@fsens.ns.ca <a href="http://www.ensfamilyservice.ca">http://www.ensfamilyservice.ca</a>
Undercurrent Youth Centre, Glace Bay	Offers after school programs for children and youth from the surrounding area	902 849 7559  224 York Street, Glace Bay  <a href="http://undercurrentyc.com/">http://undercurrentyc.com/</a> sdavesawler@hotmail.com
Undercurrent Youth Centre, Sydney	See above	902 849 7559  75 Prince Street, Sydney  jazzismine@gmail.com
The Youth Project Cape Breton	provides support and services to lesbian, gay, bisexual and transgender youth, 25 and under provides a safe, supportive, youth directed environment where youth can access information, peers, support, and social activities.	902-578-5801  440 George Street, Sydney  madonna@youthproject.ns.ca

**MENTAL, SEXUAL AND PHYSICAL HEALTH – free unless specified otherwise**

<b>Cape Breton</b>		
Canadian Mental Health Association - Cape Breton Branch	Acts as a networking and reference point for people with mental health issues and provides referrals to mental health resources. Please note that these are NOT clinical referrals.	902-567-7735  1482 George Street, Sydney  colleentobin@ns.sympatico.ca

Alcoholics Anonymous (AA), Cape Breton County	Community support groups for those coping with alcohol addiction-	902-270-6377  district9@area82aa.org
Alcoholics Anonymous (AA), Inverness, Victoria & Richmond Counties	See above	647-969-8840  district8@area82aa.org
Alcoholics Anonymous (AA), Port Hawkesbury	See above	902-870-4015  <u>district5@area82aa.org</u>
ACTION Atlantic Chronic Pain Support Group, North Sydney	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 Street, North Sydney  <u><a href="https://paincantwait.weebly.com/">https://paincantwait.weebly.com/</a></u>
Narcotics Anonymous (NA) – Central Nova Narcotics Anonymous	- Community support groups for those coping with drug addiction Meetings are offered in the following communities: Antigonish, Bridgewater, Dartmouth, Elmsdale, Eskasoni, Glace Bay, Halifax, New Glasgow, Sackville, Springhill, Sydney, Sydney Mines, Truro, Whycomomagh, Yarmouth	902-789-8323  <u><a href="http://www.centralnovaarea.ca/">http://www.centralnovaarea.ca/</a></u>
Cape Breton Centre for Sexual Health	Services include: Information and resources about sexual health Referrals and navigation for sexual and reproductive health issues Supportive guidance and/or peer counselling Free or low-cost safer sex supplies (such as condoms)	902-539 5158  440 George St., Sydney  <u><a href="mailto:pp.cb@bellaliant.com">pp.cb@bellaliant.com</a></u> <u><a href="http://www.shns.ca">www.shns.ca</a></u>
Eskasoni Community Health Centre	Provides a wide range of primary care services as well as the following health programs and services: Blood collection Community health nursing Maternal child health Headstart program Diabetic clinic Nutrition Home and community care Pharmacy services Liaison interpreter Medical transportation	Health Centre: 902-379-2130 Dental: 902-379-2130 HeadStart: 902-379-2232 Pharmacy: 902-379-2255 Primary Care: 902-379-2500 Home Care: 902-379-1357 Mental Health: 902-379-2910 Prenatal: 902-379-1301  44 Spencer Lane, Box 7745, Eskasoni  <u><a href="mailto:info@eskasonihealth.ca">info@eskasonihealth.ca</a></u> <u><a href="http://www.eskasonihealth.ca">http://www.eskasonihealth.ca</a></u>

<p><b>Eskasoni Social Work Service</b></p>	<p><b>Services include:</b>  <b>Counselling (individual, marital, group, family, grief, stress management, sexual abuse, crisis, post-traumatic stress, anger management)</b>  <b>Behaviour management programs</b>  <b>Parenting skills</b>  <b>Workshops</b>  <b>Outreach services to Elders, Mentally and Physically challenged, and teens</b>  <b>Youth Worker</b></p>	<p><b>902-379-2910</b></p> <p><b>Eskasoni Band Council, R.R. #2 East Bay</b></p> <p><b><a href="mailto:kfrancis@esws.ns.ca">kfrancis@esws.ns.ca</a></b></p>
<p><b>The ALLY Centre of Cape Breton (formerly the AIDS Coalition of Cape Breton)</b></p>	<p><b>Anonymous testing</b>  <b>Sharp Advice Needle Exchange (safe injection equipment)</b>  <b>Naloxone Training</b>  <b>Primary Health Clinic</b>  <b>Support Services</b>  <b>S.W.E.E.P. (Sex Workers Encouraging and Empowering their Peers)</b>  <b>Hep C Support</b>  <b>public education workshops (AIDS 101, Intro to Harm Reduction, Hepatitis C 101)</b></p>	<p><b>902-567-1766</b></p> <p><b>150 Bentinck Street, Sydney</b></p> <p><b><a href="http://aidscoalitionofcapebreton.ca/">http://aidscoalitionofcapebreton.ca/</a></b></p>
<p><b>Family Services of Eastern Nova Scotia, Glace Bay</b></p>	<p><b>Provides counselling, youth services, on-line counselling, workshops &amp; programs, men's health center, employee assistance, and kid power camps</b></p>	<p><b>902-849-4772</b></p> <p><b>9 Minto Street, Glace Bay</b></p> <p><b><a href="http://ensfamilyservice.ca/">http://ensfamilyservice.ca/</a></b></p>
<p><b>Family Services of Eastern Nova Scotia, Inverness</b></p>	<p><b>See above</b></p>	<p><b>902-625-0131</b></p> <p><b><a href="http://ensfamilyservice.ca/">http://ensfamilyservice.ca/</a></b></p>
<p><b>Family Services of Eastern Nova Scotia, Port Hawkesbury</b></p>	<p><b>See above</b></p>	<p><b>902-625-0131</b></p> <p><b>218 MacSween St., Suite 34</b></p> <p><b>Port Hawkesbury</b></p> <p><b><a href="http://ensfamilyservice.ca/">http://ensfamilyservice.ca/</a></b></p>
<p><b>Family Services of Eastern Nova Scotia, Sydney</b></p>	<p><b>See above</b></p>	<p><b>902-539-6868</b></p> <p><b>295 George Street, Suite 302</b>  <b>Sydney</b></p> <p><b><a href="http://ensfamilyservice.ca/">http://ensfamilyservice.ca/</a></b></p>

**LEGAL SUPPORT**—free unless specified otherwise

Cape Breton		
Island Community Justice Society, Sydney Office	Offers restorative justice options at four points in the justice system: Police entry point (pre charge) – referral by Police Officers Crown Entry Point (post Charge/pre conviction) – referral by Crown Attorneys Court Entry Point (post conviction/pre sentence) – referral by Judges Corrections Entry Point (post sentence) – referral by Correctional Services of Victim’s Service Staff	902-563-2596 902-563-5699  360 Prince Street, Suite 13, Sydney icjs@syd.eastlink.ca  <a href="http://www.islandcommunityjustice.com/">http://www.islandcommunityjustice.com/</a>
Island Community Justice Society, Inverness/Richmond County Office	See above	902-625-7912 902-625-7913  218 MacSween Street, Suite 305, Port Hawkesbury  iricjs@ns.sympatico.ca <a href="http://www.islandcommunityjustice.com/">http://www.islandcommunityjustice.com/</a>
Mi’kmaw Legal Support Network, Eskasoni	Provides sustainable justice support system for all Mi’kmaw and Aboriginal people in the Nova Scotia justice system	902-379-2042  29 Medicine Trail, Eskasoni

**HOUSING INFORMATION** – free unless specified otherwise

Cape Breton		
Cape Breton Community Housing Association	Cape Breton Community Housing Association provides a safe and supportive environment for people with mental illness during their recovery process Programs are designed to assist clients in developing the skills necessary to live independently as they transition back to community living	902-539-0025  50 Dorchester Street, 2nd Floor, Sydney  <a href="mailto:communityhousing@cbcha.ca">communityhousing@cbcha.ca</a>
Housing First CBRM	Supports individuals 16 years and older who have experienced homelessness or housing instability and are experiencing vulnerabilities in multiple areas of their life Individuals are deemed eligible for the program if they are identified as moderately or highly vulnerable	902-270-6217  50 Dorchester Street, 2nd Floor, Sydney  <a href="mailto:communityhousing@cbcha.ca">communityhousing@cbcha.ca</a> <a href="http://cbcha.ca">http://cbcha.ca</a>

SHELTERS/ PLACES TO STAY —free unless specified otherwise

Cape Breton		
Almost Home Women's Shelter, Every Woman's Centre	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 Avenue, Sydney
Cape Breton Transition House (Willow House), Sydney	Two crisis lines 24-hours-a-day. Our services are strictly confidential. Support and shelter to women and children who are emotionally, physically, or sexually abused. Information on the cycle of violence, a protection plan, the stages a woman faces in a battering relationship, etc. Counselling to develop a renewed sense of self worth and understanding that no one deserves to be battered. Therapeutic Childcare Program for children who accompany their mothers to Transition House. Adolescent program for teenagers who accompany their mothers to Transition House. Outreach program for women in the community who need assistance, and offer support groups for women in the Industrial Area, who live in or have left abusive relationships. Public education program for schools, service agencies, and the community at large. We provide support to women in court. We offer two second stage housing units (safe affordable housing). MacAdam House is located in Glace Bay and Callwood House is in Sydney.	902-562-2186 ext:205 902-539-2945 (24 hour help line) 1-800-536-2945 (Toll free)  O Box 487, Sydney  <a href="mailto:cbtha@cbtha.com">cbtha@cbtha.com</a> <a href="http://cbtha.com">cbtha.com</a>
Community Homeless Shelter	Provides safe emergency housing for men and women experiencing homelessness: Emergency shelter Light meals Shower and laundry facilities In-house support services Counseling Referral services	902-564-9487  106 Townsend St, Sydney  Hours of Operation: 24/7  <a href="mailto:communityhousing@cbcha.ca">communityhousing@cbcha.ca</a> <a href="http://cbcha.ca/cape-breton-community-housing-association/community-homeless-shelter/">http://cbcha.ca/cape-breton-community-housing-association/community-homeless-shelter/</a>
Elizabeth Fry Society of Cape Breton, Satellite Apartment program	Community Based Residential Facility that provides a housing option for women who are experiencing a transition in their lives and are in need of a stable living environment. Criteria: Provincial/ Federal sentenced women on conditional release who are willing to follow program	902-562-8271  16C Cecelia Levatte Crescent, Sydney  <a href="mailto:efsap@eastlink.ca">efsap@eastlink.ca</a> <a href="http://halfwayhouses.ca/en/region/ahha/facility/elizabeth_fry_cape_breton/">http://halfwayhouses.ca/en/region/ahha/facility/elizabeth_fry_cape_breton/</a>

<p><b>Leeside Transition House</b></p>	<p>Safe shelter for abused women and their children with 24-hour staffing  24-hour crisis support telephone line.  Support counselling, someone to listen and help you consider your options  Help in understanding the legal and social services systems  Someone to go with you to appointments  Referral and follow-up to other social services programs.  Space to meet with other women and share your experiences  Support group  Outreach worker who will meet with you in your own community  Children's program and summer day camp  Public education for schools, community groups, and professionals</p>	<p>902-625-1990</p> <p>PO Box 6913, Port Hawkesbury</p> <p>leesidedir@eastlink.ca</p>
<p><b>Mi'kmaw Lodge In-Patient Treatment Centre, Native Alcohol and Drug Abuse Counselling Association of Nova Scotia</b></p>	<p>Assists individuals and families deal with the effects of chemical addictions  Facilities include a modern kitchen and dining area, treatment rooms, therapy room, chapel, client resource room, client bedrooms, kitchenette, exercise room, meeting and recreational area  Houses 15 residents over a 35-day treatment cycle  Eligibility:  Be of Aboriginal descent (Must have status band #)  19 years of age or older  Must have a total abstinence of 5 days from alcohol and 14 days from drugs</p>	<p>902-379-2262</p> <p>70 Gabriel Street, Eskasoni</p> <p><a href="http://www.nadaca.ca/in-patient-treatment-centres/mikmaw-lodge/">http://www.nadaca.ca/in-patient-treatment-centres/mikmaw-lodge/</a></p>
<p><b>Talbot House</b></p>	<p>A long-term recovery house that provides rehabilitation for men who have addiction problems using a holistic abstinence based approach</p>	<p>902-794-2852</p> <p>1777 Frenchvale Road, Frenchvale</p> <p><a href="http://www.talbothouse.ca">http://www.talbothouse.ca</a></p>

<b>Cape Breton</b>		
<b>Island Employment Association, Arichat</b>	<b>Services include:</b> <b>Women's Services</b> <b>Help with Job Search</b> <b>Career Counselling</b> <b>Help with Resumes, Cover Letters, and Interview Skills</b> <b>Free Workshops</b> <b>Help Accessing Employment Nova Scotia funding programs</b> <b>Access to the latest Labour Market Information</b> <b>Job Coaching</b> <b>Case Management</b> <b>Job Development</b> <b>Assistive Technology Assessment &amp; Planning</b> <b>Referrals to other programs you may qualify for</b> <b>Free Wireless Internet Access</b> <b>Access to Regular Desktop and Fully Accessible Computers</b>	<b>902-625-0001 (Call for office hours)</b>  <b>17 Conney's Lane, Arichat</b>  <b><a href="mailto:pproctor@islandemployment.ca">pproctor@islandemployment.ca</a></b>
<b>Island Employment Association, Cheticamp</b>	See above	<b>902-224-2117</b>  <b>15122 Cabot Trail, Cheticamp</b>  <b><a href="mailto:msaucoin@islandemployment.ca">msaucoin@islandemployment.ca</a></b>
<b>Island Employment Association, Inverness</b>	See above	<b>902-258-3513</b>  <b>15792 Central Avenue, Inverness</b>  <b><a href="mailto:lmacdonald@islandemployment.ca">lmacdonald@islandemployment.ca</a></b>
<b>Island Employment Association, Port Hawkesbury</b>	See above	<b>902-625-0001</b>  <b>811 Reeves Street Unit 6</b> <b>Port Hawkesbury</b>  <b><a href="mailto:pproctor@islandemployment.ca">pproctor@islandemployment.ca</a></b>
<b>Island Employment Association, St. Peters</b>	See above	<b>902-625-0001</b>  <b>10036 Grenville Street, St. Peters</b>  <b><a href="mailto:pproctor@islandemployment.ca">pproctor@islandemployment.ca</a></b>
<b>Island Employment Association, Sydney</b>	See above	<b>902-539-5673</b>  <b>500 George Street, Suite 100, Sydney</b>  <b><a href="mailto:info@islandemployment.ca">info@islandemployment.ca</a></b>

Northside Employment and Resource Centre, Baddeck	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 Street, Baddeck <a href="mailto:berc@nedac.ca">berc@nedac.ca</a>
Northside Employment and Resource Centre, Ingonish	See above	902-285-2696 36243 Cabot Trail, PO Box 233, Ingonish <a href="mailto:derrick.hawley@ns.aliantzinc.ca">derrick.hawley@ns.aliantzinc.ca</a>
Northside Employment and Resource Centre, North Sydney	See above	902-794-7213 North Sydney Mall, Suite 4 – 116 King Street, North Sydney <a href="https://northsideemployment.com/jobshop@nedac.ca">https://northsideemployment.com/jobshop@nedac.ca</a>
YMCA Enterprise Centre – Career and Employment Resource Centre, Glace Bay	Services include: Resume Support Drop-In Services Employment related internet access and phone service Job Search Workshops Case Management	902-849-5500 106 Reserve Street, Glace Bay <a href="mailto:resourcegb@cbymca.com">resourcegb@cbymca.com</a>
YMCA Career & Employment Resource Centre, New Waterford	See above	902-862-8856 3372 Plummer Avenue <a href="mailto:Resource.newwaterford@cb.ymca.ca">Resource.newwaterford@cb.ymca.ca</a>
YMCA Career & Employment Resource Centre, Sydney	See above	902-564-9151 399 Charlotte Street, Sydney <a href="mailto:resource.sydney@cb.ymca.ca">resource.sydney@cb.ymca.ca</a>

**EDUCATION SUPPORT** —free unless specified otherwise

<b>Cape Breton</b>		
Adult Learning Association of Cape Breton County	Programs include: Free Adult Learning Program Level ½ GED prep classes Reading, writing, math and computer skills	902-564-8404 440 George Street, Sydney <a href="mailto:alacbc@syd.eastlink.ca">alacbc@syd.eastlink.ca</a> <a href="http://www.adultlearningcapebreton.ca">http://www.adultlearningcapebreton.ca</a>

Chapel Island First Nation: Potlotek Education Department	Oversees adult education GED	902-535-3317  12004 Highway 4, St Peters  <a href="mailto:rendoucette@potlotek.ca">rendoucette@potlotek.ca</a>
Community Learning Association North of Smokey	Programs include: GED prep/adult upgrading Family literacy Seniors' programs	902-285-2354  36243 Cabot Trail, Ingonish
Inverness County Literacy Council	Programs include: Adult Learning Program Levels 1 and 2 GED prep courses	902-258-3110 1-877-258-5550 (toll free)  375 Main Street, Port Hood  <a href="mailto:invernesslit@ns.aliantzinc.ca">invernesslit@ns.aliantzinc.ca</a>
Literacy Network Unama'ki (Eskasoni)	Offers Adult Learning Program Levels 2 and 3	902-379-2758  Unama'ki Training and Education Centre, 4531 Shore Road, Eskasoni First Nation  <a href="mailto:michellemj@unamakitec.ca">michellemj@unamakitec.ca</a>
Port Hawkesbury Literacy Council	Programs include: Adult Learning Program Levels 1 and 2 GED prep courses	902-625-1599  305 Granville St, Port Hawkesbury  <a href="mailto:porthawkesburyliteracycouncil@gmail.com">porthawkesburyliteracycouncil@gmail.com</a>  <a href="https://www.facebook.com/Port.Hawkesbury.Literacy.Council/">https://www.facebook.com/Port.Hawkesbury.Literacy.Council/</a>
Richmond County Literacy Network	Programs include: Adult Learning Program Levels 1 and 2 GED prep courses Targeted Initiatives for Older Workers	902-226-0383  2453 Hwy 206, Box 69 Arichat  <a href="mailto:milliehatt@hotmail.com">milliehatt@hotmail.com</a> <a href="http://rcln.ca/">http://rcln.ca/</a>
Mi'kmaw Family Healing Centre – We'koqma'q	Offers the Adult Learning program at various levels	902-756-2525 1-800-565-3400 (toll free)  PO BOX 310, Whycocomagh, NS  <a href="mailto:Beverly.Walker@novascotia.com">Beverly.Walker@novascotia.com</a> <a href="http://www.wfns.ca/">http://www.wfns.ca/</a>

# PROVINCE-WIDE



**ACCESSING INTERNET, POWER AND PHONE SERVICES**

<b>Nova Scotia Wide</b>		
<p><b>Comparing Phone Plans and Prices</b></p>	<p>The below websites provide up to date information on different cell phone providers in Nova Scotia.</p> <p><a href="http://www.planhub.ca/nova-scotia">http://www.planhub.ca/nova-scotia</a>  <a href="https://www.whistleout.ca/CellPhones">https://www.whistleout.ca/CellPhones</a>  <a href="http://www.comparecellular.ca/compare-plans-in-nova-scotia/">http://www.comparecellular.ca/compare-plans-in-nova-scotia/</a></p>	<p><b>Fido</b> Halifax Shopping Centre: 902-455-6551</p> <p><b>Wireless Wave</b> Halifax Shopping Centre: 902-455-4707 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 Scotia Square: 902-423-1645</p> <p><b>Bell Aliant</b> 245 Robie St. Truro Mall: 902-897-2592 Halifax Shopping Centre: 902-455-0424</p> <p><b>Rogers</b> 254 Robie St. Truro Mall: 902-893-2288 Spring Garden Road: 902-492-3388</p> <p><b>Telus</b> Halifax Shopping Centre: 902-454-1381</p> <p><b>Eastlink</b> Halifax Shopping Centre: 902-431-1733 5690 Spring Garden Road, Hfx: 902-431-4272</p>
<p><b>Free Internet Access/Public Library Services</b></p>	<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>To locate the nearest library branch: 902-490-5744</p>

<p><b>Nova Scotia Power</b></p>	<p>-NS Power requires you complete a registration phone call, or can be set up online          -NS Power will charge a \$28 + HST connection fee for setting power up in your name          -NS Power will ask for your first and last name. As well as the street address which you are requesting power set up          -If you have an "acceptable" credit score you are not required to provide a security deposit. Or, if lived in another province prior, can have the previous Power org sent information to NS power.          -NS Power offers a "Security Deposit" option if you do not have an "acceptable" credit score/any credit score. The Security Deposit is set (typically three months) and can be arranged          -"Bad credit" does not affect your ability to access power. You can not be denied a power account because of bad credit.          -Try to phone NS Power 10 days before you move into the home. Sometimes there is a delay in power setup.          -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</p>	<p>902-428-6230 or 1-800-428-6230</p> <p>1223 Lower Water Street, Halifax</p> <p>Hours of Operation          Customer Care          Monday-Friday, 8:00am-8:00pm</p>
<p><b>Credit Counselling Services of Atlantic Canada</b></p>	<p>Provides guidance in solving debt problems. Offers debt counselling services and financial education.</p> <ul style="list-style-type: none"> <li>- Face-to-face counselling</li> <li>- Telephone counselling</li> <li>- Chat through website</li> </ul>	<p>1-888-753-2227</p> <p>Metropolitan Place, 99 Wyse Road Dartmouth</p> <p>Hours of Operation:          Monday-Wednesday, 8:00am-8:00pm          Thursday and Friday, 8:30am-5:00pm          Saturday and Sunday, Closed</p> <p>ccsinfo@solveyourdebts.com</p>

## SPONSOR CONTACT INFORMATION



**Elizabeth Fry Society of Mainland Nova Scotia**  
**1 Tulip Street, Dartmouth, NS B3A 2S3**  
**(902) 454-5041**  
**ed@efrymns.ca**  
**www.efrymns.ca**



**East Coast Prison Justice Society**  
**www.facebook.com/ECPJS**



**Women's Wellness Within**  
**womenswellnesswithinns@gmail.com**  
**www.womenswellnesswithin.org**