

752-7600 (after-hours, non-emergency—Aberdeen Hospital switchboard)
 Fax: 928-0297

Presidents Choice Children’s Charity—Atlantic Region

1 President’s Choice Circle
 Brampton, Ontario, L6Y 5S5
 1-877-525-4762
 F: 902-861-2307
 PCCharity@Loblaws.ca

Committed to providing assistance to children with special needs, childhood nutrition programs as well as supporting the Boys and Girls Club of Canada.

Provincial Autism Centre

1456 Brenton Street
 Halifax, NS B3J 2K7
 446-4995
 1 (877) 544-4495 (toll free)
 Fax: 446-4997
 info@autismns.ca
 www.autismnovascotia.ca

Provides programs and services to the autism community while helping families and professionals access resources and information about autism.

reachAbility

3845 Joseph Howe Drive, Suite 201
 Halifax, NS B3L 4H9
 429-5878
 Toll Free/TTY: 1-866-429-5878
 Fax: 429-5858
 info@reachability.org
 www.reachability.org

A non-profit organization in Nova Scotia that works to improve access to justice, equality, and human rights for people living with disabilities and for those within their support system.

Society of Deaf and Hard of Hearing Nova Scotians

1657 Barrington Street, Suite 117
 Halifax, NS B3J 2A1
 422-7130 (voice, videophone, TTY)
 Fax: 492-3864
 1 (800) 516-5551 (toll free within Nova Scotia)
 sdhns@ns.sympatico.ca
 www.sdhns.org

Provides services to people who are deaf or hard of hearing, as well as hearing parents of children who are deaf.

Special Olympics Nova Scotia

5516 Spring Garden Road, Suite 305
 Halifax, NS B3J 1G6
 1 (866) 299-2019 (toll free)
 Fax: 425-5606
 www.sons.ca

Non-profit organization dedicated to providing year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with an intellectual disability.

**Spina Bifida and Hydrocephalus
Association of Nova Scotia**

15 Laura Drive
RR4, Eastern Passage, NS, B3G 1K31
1 (800) 304-0450 (toll free)
Fax: 679-1124
info@sbhans.ca
www.sbhans.ca

Provides services to individuals with spina bifida and hydrocephalus and their families.

**The Children's Wish Foundation of
Canada – Nova Scotia Chapter**

105-238 Brownlow Ave.
Dartmouth, NS B3B 2B4
902-492-1984
F: 902-492-1908
NS@childrenswish.ca
www.childrenswish.ca

Other Informational Resources

2-1-1 System

<http://ns.211.ca>

By dialing 211 or visiting the 211 website, users can easily and quickly connect to the social, health, and community services they need, anywhere in the province, regardless of where they are located.

**Adopt—Assistance, Information,
Support**

www.adopting.org

American website with useful articles and information.

Adoption Council of Canada

1 (888) 542-3678 (toll free)
www.adoption.ca

Website with useful articles and information.

**Adoption Support Group
of Antigonish**

Mary Ann Burke
jimburke@ns.sympatico.ca

This group welcomes both domestic and international adoptive parents to their group.

Adoptive Families Association of BC

www.bcadoption.com/default.asp

Website with useful articles and information

Antigonish Library

283 Main Street
 Antigonish, NS B2G 2C3
 863-4276
antigonish@nsnqp.library.ns.ca

Association of Black Social Workers

6414 Coburg Road
 Halifax, NS B3H 3J5
 Veronica Marsman, president
vmarsman@me.com
www.nsasw.org: Follow the ABSW link.

Black Cultural Centre for Nova Scotia

1149 Main St
 Dartmouth, NS B2Z 1A8
 434-6223; Fax: 434-2306; contact@bccns.com
www.bccns.com
Is dedicated to the preservation and promotion of Canadian Black Culture.

Caregivers Nova Scotia

3433 Dutch Village Road
 Halifax, NS B3N 2S7
 421-7390
 1 (877) 488-7390 (toll free)
 Fax: 421-7338
info@caregiversns.org
www.caregiversnovascotiablog.wordpress.com

Provides information and support to caregivers of those with disabilities and chronic illness.

Child Help Initiative Program (CHIP)

PO Box 1320
 Truro, NS B2N 5N2
 843-3551
 1 (800) 565-4372 (toll free)
 Fax: 843-3552
caringconnection@eastlink.ca
www.ncns.ca

Program for Mi'kmaq parents and their children who live off-reserve throughout the province of Nova Scotia.

Colchester–East Hants Public Library—Truro Branch

754 Prince Street
 Truro, NS B2N 1G9
 895-0235
 1 (888) 632-9088 (toll free within Atlantic Canada)
 Fax: 895-7149
anstc@cehpubliclibrary.ca
<http://lovemylibrary.ca>

Community Access Program—c@p

1 (800) 575-9200 (toll free)
<http://cap.ic.gc.ca>
Sites with free access to computers and the Internet.

Confederacy of Mainland Mi'kmaq

PO Box 1590
 57 Martin Crescent
 Truro, NS B2N 5V3
 895-6385
 Fax: 893-1520
www.cmmns.com

Federation of Foster Families of Nova Scotia

99 Wyse Road, Suite 350
Dartmouth, NS B3A 4S5
424-3071

1 (888) 845-1555 (toll free)

Fax: 424-5199

Carol Cole, administrative assistant—
operations, colectf@gov.ns.ca
www.fosterfamilies.ns.ca

Provides support for foster families.

Kids First Association

PO Box 966
New Glasgow, NS B2H 5K7
755-1213

Fax: 755-1630

Michelle Ward, executive director,
mward@kids1st.ca

Oversees three Kids First Family Resource Centres in Antigonish, Guysborough, and Pictou County. Offers programs and services for families. Supports children ages zero to six years.

Kids First Family Resource Centre (Antigonish)

27 St. Andrew's Street
Antigonish, NS B2G 2G9
863-3848

Fax: 863-3857

antigonish@kids1st.ca

Supports the health and well-being of children ages zero to six years, and their parents and caregivers. Children's play area. Drop-in, support, information and education, referrals, adult and children programs, and healthy snacks.

Kids First Family Resource Centre (Guysborough)

105 Queen Street
Guysborough, NS B0H 1N0
533-3881

Fax: 533-2456

guysborough@kids1st.ca

Supports the health and well-being of children ages zero to six years, and their parents and caregivers. Children's play area. Drop-in, support, information and education, referrals, adult and children programs, and healthy snacks.

Kids First Family Resource Centre (Pictou County)

PO Box 966
New Glasgow, NS B2H 5K7
755-5437

pictou@kids1st.ca

Supports the health and well-being of children ages zero to six years, and their parents and caregivers. Children's play area. Drop-in, support, information and education, referrals, adult and children programs, and healthy snacks.

Kids Help Phone

457-4779 (regional office)
1 (800) 668-6868 (toll-free helpline)
Fax: 457-1074

atlantic@kidshelpphone.ca
www.kidshelpphone.ca

Canada's only toll-free, 24-hour, bilingual, and anonymous phone and web counselling, referral, and information service for children and youth.

**North American Council
on Adoptable Children**

www.nacac.org

Website with resources and articles of interest; American organization but with Canadian board members.

**Nova Scotia Association
of Social Workers**

Plaza 1881, 1891 Brunswick Street,
Suite 106

Halifax, NS B3J 2G8

429-7799; Fax: 429-7650

nsasw@nsasw.org

www.nsasw.org

Promotes and regulates the practice of social work and helps its members to offer a high standard of service that respects diversity, promotes social justice, and enhances the worth, self-determination, and potential of individuals, families, and communities.

**Nova Scotia Community
Organization Network (NSNET)**

PO Box 128

Waterville, NS B0P 1V0

538-3103, ext. 112; Fax: 538-7022

trc@nsnet.org

www.nsnet.org

Provides links to websites of Nova Scotian community organizations.

**Nova Scotia Council for the Family
Parenting Resource Centres in NS**

www.nscouncilfamily.org

Select 'Parenting Directory' from top menu and click on the resource center in the preferred area.

**Nova Scotia Human Rights
Commission**

Toll Free 1-877-269-7699

Fax: 755-7239

hrcinquiries@gov.ns.ca

www.gov.ns.ca/humanrights

Addresses complaints of discrimination and provides cultural diversity training.

**Nova Scotia League for Equal
Opportunities**

5251 Duke Street, Suite 1211

Halifax, NS B3J 1P3

455-6942

1 (866) 696-7536 (toll free)

Fax: 454-4781

nsleo@eastlink.ca

www.novascotialeo.org

Advocacy organization working on behalf of people with disabilities.

Nova Scotia Youth Help Line

5670 Spring Garden Road

Halifax, NS B3J 1H6

420-8336 (24-hour crisis line)

1 (800) 420-8336 (toll-free,

24-hour crisis line)

Fax: 423-3240

Peer counselling nightly from 6 pm to 10 pm. Open 24 hours for emergencies.

Parenting Journey Program

902-454-2036

A program that offers free in home support to families of children aged 3 to 16 who are facing challenging times. Program is voluntary and is funded by Department of Community Services. There are 11 programs around the province.

Passport Canada—Halifax Office

1505 Barrington Street, Suite 1508

Halifax, NS B3J 3K5

1 (800) 567-6868 (toll free)

Fax: 426-4620

Pictou-Antigonish Regional Library

PO Box 276

New Glasgow, NS B2H 5E3

755-6031

1 (866) 779-7761 (toll free)

Fax: 755-6775

info@parl.ns.ca

www.parl.ns.ca Click on 'Branch Locations' to select a library in your area.

Pictou County Help Line

175 Lavinia Street, Suite 119

New Glasgow, NS B2H 1N5

752-5952

Helpline available from 2:00pm to 10:00pm.

Pictou Landing Band Council

Site 6, Box 55, RR 2

Trenton, NS B0K 1X0

752-4912

Fax: 755-4715

St. John Ambulance—Main Branch

101 Main Street

PO Box 26068

Dartmouth, NS B2W 6E2

463-5646

1 (800) 565-5056 (toll free)

Fax: 469-9609

info@ns.sja.ca

www.sja.ca/ns

Provides first aid training.

Solo Creek Farm

Bible Hill, Nova Scotia,

899-8595

jlmcnutt@dal.ca.

Equine Assisted Treatment and Learning is a therapeutic experience using horses to help individuals with mental health related difficulties build life long skills, gain self understanding and personal growth. The program is for children, youth and adults experiencing attention problems, low self esteem, depression, anxiety, stress, grief, chemical and alcohol abuse.

WESTERN REGION

Advocacy

Accessible Nova Scotia

1 (866) 696-7536 (toll free)

info@accessiblens.ca

www.accessiblens.ca

A group of individuals, businesses, government representatives, and organizations who share a common vision of Nova Scotia as an accessible destination for both residents and visitors.

Deafness Advocacy Association of Nova Scotia

1666 Hollis Street, Suite 803

Halifax, NS B3J 1V7

425-0240

TTY/videophone: 425-0119

Fax: 429-9312

daans@ns.sympatico.ca

Promotes rights, needs, and equal access for deaf and hard of hearing Nova Scotians.

Early Intervention Programs Nova Scotia

www.earlyintervention.net Click 'Resources' tab on top menu and then click 'Your Area' to find a program near you. There are 21 Early Intervention Programs throughout Nova Scotia

Equal Education Association of Nova Scotia

860-1759

info@eeans.com

www.eeans.com

Non-profit association that advocates educational rights on behalf of all children with learning disabilities in Nova Scotia.

Nova Scotia Disabled Persons Commission

Dartmouth Professional Centre

277 Pleasant Street, Suite 104

Dartmouth, NS B2Y 4B7

424-8280

1 (800) 565-8280 (toll free within Nova Scotia)

www.gov.ns.ca/disability

Gives people with disabilities a way to participate in the provincial government policy-making process, and advises policy-makers and program-developers about the needs of people with disabilities and the issues and concerns that affect the lives of people with disabilities.

SpecialLink: The National Centre for Child Care Inclusion

76 Cottage Road

PO Box 775

Sydney, NS B1P 6G9

562-1662

1 (866) 902-6333 (toll free)

Fax: 539-9117

www.speciallinkcanada.org

Increases quality and quantity of opportunities for young children with disabilities to fully participate in community programs.

Child Development

Bridgewater Day Care Centre

87A Hillcrest Street
Bridgewater, NS B4V 1T2
543-7280
Fax: 543-0170

Has subsidized spaces. Ages four months to 10 years.

Bye the Sea Nursery School

26 Lincoln Street
Lunenburg, NS B0J 2C0
634-4789
Fax: 634-8322

Ages 3 months to 12 years.

Child Care Connection Nova Scotia

1200 Tower Road, Suite 100
Halifax, NS B3H 4K6
423-8199
1 (800) 565-8199 (toll free)
Fax: 492-8106
info@cccns.org
www.cccns.org

Resource library and referrals based on specific child-care issues. Website allows search of facilities by region.

Digby Preschool Co-op

PO Box 688
Digby, NS B0V 1A0
245-5780
Has subsidized spaces.

Early Intervention Programs

Nova Scotia

www.earlyintervention.net Click 'Resources' tab on top menu and then click 'Your Area' to find a program near you.

There are 21 Early Intervention Programs throughout Nova Scotia.

Healthy Beginnings

Yarmouth Regional Hospital
60 Vancouver Street
Yarmouth, NS B5A 2P5
742-7141

Note that there is criteria for screening into this program.

Huggy Bear's Childcare Centre

3138 Highway 3
Barrington Passage
Barrington, NS, B0W 1G0
637-3198
Contact: Cathy Hunt.

Look under Yellow Pages.ca - Childcare Services, Shelburne, NS.

King Street Family Resource Centre

Shelburne County
 35 King Street
 P.O Box 352
 Shelburne, NS BOT 1W0
 875-3256
 or Toll Free 1-800-563-3256.
 Contact: Monica Gosbee

This is a branch of the South Shore Family Resource Association. The centre offers supports and services to families, children, and caregivers. Ages 0-6 years. Programs offered focus on parent/caregiver education, health and nutrition, literacy and much more.

Learning Grove Childcare Centre

121 Victoria Street
 PO Box 968
 Digby, NS B0V 1A0
 245-4875
 learninggrove@eastlink.ca
 www.dala.digby.ns.ca

Provides high-quality early education and childcare programs.

The Little People's Place

Shelburne, NS
 875-3774.
 email@littlepeoplesplacens.com

A non-profit organization that provides quality childcare to children from ages 18 months to 5 years of age.

Orchards Away Day Care Centre & Nursery School

Physical address:
 243 Commercial Street
 Berwick, NS
 Mailing address:
 57 Douglas Avenue
 Berwick, NS B0P 1E0
 538-7790

Day care, nursery school, and after-school program. For children ages 18 months to 12 years. Accepting children with special needs.

Small World Learning Centre

115 Pleasant Street
 Bridgewater, NS B4V 1N3
 &
 352 York Street
 BridgewaterNS B4V 0B4
 543-9840
 smallworld@ns.aliantzinc.ca
 www.smallworldbridgewater.com

Early childhood education centre. Preschool, after-school, and summer/in-service/holiday programs.

The Little People's Place

Shelburne, NS
 875-3774.
 email@littlepeoplesplacens.com

A non-profit organization that provides quality childcare to children from ages 18 months to 5 years of age.

Through the Years Daycare and Community Centre

20 Pte Richard Green Lane
Hubbards, NS
857-1777
throughtheyears-director@hotmail.com

Child care for ages 18 months to 12 years.

Wee Weymouth Kindergarten and Day Care

4331 Highway #1
Weymouth, NS B0W 3T0
837-1134

Provincially licensed day-care facility. Portable subsidies available. Ages 18 months to 12 years.

Windsor Nursery School

122 Cottage Street
PO Box 102
Windsor, NS B0N 2T0
798-3280
windsornurseryschool@hotmail.com

Note: Civic location (122 Cottage Street) is in Currys Corner. Academic nursery school. Parent co-operative. Classes for four-year-olds three mornings a week. Classes for three-year-olds two afternoons a week.

Wolfville Children's Centre

PO Box 1232
Wolfville, NS B0P 1X0
542-5087
www.nsnet.org/
wolfvillechildrenscentre/

Child care and after school program for children ages 18 months to 12 years. Children with special needs welcome.

Education**Annapolis Valley Regional School Board**

121 Orchard Street
PO Box 340
Berwick, NS B0P 1E0
538-4600
1 (800) 850-3887 (toll free)
Fax: 538-4630
www.avrsb.ednet.ns.ca

APSEA (Atlantic Provinces Special Education Authority)

5940 South Street
Halifax, NS B3H 1S6
424-8500
Fax: 424-0543
www.apsea.ca

Serves children and youth who are deaf, hard of hearing, deafblind, blind, or visually impaired.

**Conseil Scolaire Acadien Provincial—
Acadian Provincial School Board**

CP 88

Saulnierville, NE B0W 2Z0

9248 Route 1, La Butte

Meteghan River, NE B0W 2L0

769-5458

1 (888) 533-2727 (toll free)

Fax: 769-5459

www.csap.ednet.ns.ca

School board responsible for administration of French Acadian schools in the province.

**Equal Education Association
of Nova Scotia**

860-1759

info@eeans.com

www.eeans.com

Non-profit association that advocates educational rights on behalf of all children with learning disabilities in Nova Scotia.

In-School Mentor Program

Big Brothers Big Sisters Association

93 Dufferin Street

Bridgewater, NS B4V 2G4

543-4435 or 354-5517

Fax: 543-8571

southshorebbbs@ns.sympatico.ca

www.bigbrothersbigsisters.ca/
southshore

A joint project of the local Big Brothers Big Sisters Association and the South Shore District School Board. Offers opportunities for children to benefit from a one-on-one relationship with a caring, reliable adult or youth.

Landmark East School

708 Main Street

Wolfville, NS B4P 1G4

542-2237

1 (800) 565-5887 (toll free)

Fax: 542-4147

www.landmarkeast.org

Boarding and day school for children with learning disabilities.

South Shore Regional School Board

69 Wentzell Drive

Bridgewater, NS B4V 0A2

541-3000

1 (888) 252-2217 (toll free)

Fax: 541-3051

www.ssrsh.ca

Tri-County Regional School Board

79 Water Street

Yarmouth, NS B5A 1L4

749-5696

1 (800) 915-0113 (toll free)

Fax: 749-5697

tcrsb@tcrsb.ca

www.tcrsb.ca

Financial Services

Canada Revenue Agency

Ralston Building
1557 Hollis Street
PO Box 638
Halifax, NS B3J 2T5
1 (800) 387-1193 (toll free)
Fax: 426-7170
www.cra-arc.gc.ca

Provides information on child and family tax benefits.

Nova Scotia Department of Community Services—Income Assistance

PO Box 2561
Halifax, NS B3J 3N5
1 (877) 424-1177 (toll free)
424-4150
Fax: 424-0578
www.gov.ns.ca/coms: Select “Employment Support & Financial Assistance” and then “Income Assistance” from the Programs section.
Provides income assistance to those in need.

Government Agencies and Departments

Access Nova Scotia—Bridgewater

Service Nova Scotia and Municipal Relations
80 Logan Road
Bridgewater, NS B4V 3J8
1 (800) 670-4357 (toll free)
askus@gov.ns.ca
www.gov.ns.ca/snsmr

Provides hands-on information, forms, applications, and various services, which vary from centre to centre.

Access Nova Scotia—Digby

338 Highway 303
Digby, NS B0V 1A0
1(800) 670-4357 (toll free)
askus@gov.ns.ca
www.gov.ns.ca/snsmr

Provides hands-on information, forms, applications, and various services, which vary from centre to centre.

Access Nova Scotia—Kentville

Service Nova Scotia and Municipal Relations
5 Shylah Drive
Kentville, NS B4N 0H2
1 (800) 670-4357 (toll free)
askus@gov.ns.ca
www.gov.ns.ca/snsmr

Provides hands-on information, forms, applications, and various services, which vary from centre to centre.

Access Nova Scotia—Yarmouth

Service Nova Scotia and Municipal
Relations

Provincial Building

10 Starrs Road, Suite 127

Yarmouth, NS B5A 2T1

1 (800) 670-4357 (toll free)

askus@gov.ns.ca

www.gov.ns.ca/snsmr

*Provides hands-on information,
forms, applications, and various
services, which vary from centre to
centre.*

Annapolis County

752 St. George Street

PO Box 100

Annapolis Royal, NS B0S 1A0

532-2331

Fax: 532-2096

admin@annapoliscounty.ns.ca

www.annapoliscounty.ns.ca

**Indian and Northern Affairs,
Adoption Team**

Indian Registration and Band List
Department of Indian and Northern
Development

Ottawa, Ontario K1A 0H4

1 (800) 567-9604 or 1 (819) 953-0960

infopubs@ainc-inac.gc.ca

*Adoptees wishing to apply for
native status must write to the
above address.*

**Mi'kmaq Family and Children's
Services of Nova Scotia**

111 Membertou Street

PO Box 179

Shubenacadie, NS B0N 2H0

758-3553

1 (800) 263-8686 (toll free)

Fax: 758-2390

Municipality of Clare

PO Box 458

Little Brook, NS B0W 1Z0

769-2031

Fax: 769-3773

council@municipality.clare.ns.ca

www.clarenovascotia.com

Municipality of Digby

12548 Highway #217

PO Box 429

Digby, NS B0V 1A0

245-4777

Fax: 245-5748

www.municipalities.com/digby

Municipality of East Hants

2361 Highway #2

Milford, NS

PO Box 190

Shubenacadie, NS B0N 2H0

&

15 Commerce Court

Elmsdale, NS B2S 3K5

1-888-758-2299

Fax: 1-888-684-5912

info@easthants.ca

www.easthants.ca

Municipality of the County of Kings

87 Cornwallis Street
 PO Box 100
 Kentville, NS B4N 3W3
 678-6141
 Fax: 679-2820
www.county.kings.ns.ca

Municipality of the District of Barrington

2447 Highway #3
 PO Box 100
 Barrington, NS B0W 1E0
 637-2015
 Fax: 637-2075
munbar@eastlink.ca
www.barringtonmunicipality.com

Municipality of the District of Lunenburg

210 Aberdeen Road
 Bridgewater, NS B4V 4G8
 543-8181
 Fax: 543-7123
www.modl.ca

Municipality of the District of Shelburne

136 Hammond Street
 PO Box 280
 Shelburne, NS BOT 1W0
 875-3544
 Fax: 875-1278
infoofficer@municipalityofshelburne.ca
www.municipalityofshelburne.ca

Municipality of the District of West Hants

76 Morison Drive
 PO Box 3000
 Windsor, NS B0N 2T0
 798-8391
 Fax: 798-8553
west.hants@westhants.ca
www.westhants.ca

Municipality of the District of Yarmouth

932 Highway 1
 PO Box 21
 Hebron, NS B0W 1X0.
 742-7159
 Fax: 742-3164
admin@district.yarmouth.ns.ca
www.district.yarmouth.ns.ca

Nova Scotia Department of Community Services—Adoption Disclosure Service Program—Halifax District Office

6009 Quinpool Road, Suite 701
 Halifax, NS B3K 5J7
 424-2755
 Fax: 424-9424
www.gov.ns.ca/coms: Select "Support for Children, Youth & Families," then "Adoption," and then "Adoption Disclosure."
Maintains a Passive Adoption Registry and conducts searches for adoptees and birth families. Assists with issues related to Adoption Information Act.

**Nova Scotia Department
of Community Services—
Annapolis District Office**

5495 Granville Road
Granville Ferry, NS B0S 1A0
532-2337 (general inquiries)
Fax: 532-3401
www.gov.ns.ca/coms

**Nova Scotia Department
of Community Services—
Digby District Office**

84 Warwick Street
PO Box 399
Digby, NS B0V 1A0
245-5811 (child welfare services
and general inquiries)
Fax: 245-4121
www.gov.ns.ca/coms

**Nova Scotia Department
of Community Services—
East Hants (Elmsdale)**

15 Commerce Court, Suite 130
Elmsdale, NS B2S 3K5
1 (866) 597-4515 (toll free)
Fax: 883-3534

**Nova Scotia Department
of Community Services—Family
and Community Supports Division**

Nelson Place
5675 Spring Garden Road, 5th Floor
PO Box 696
Halifax, NS B3J 2T7
1 (866) 259-7780 (toll-free
number for Nova Scotia Adoption
Information Line)
424-4279
Fax: 424-0708
www.gov.ns.ca/coms

**Nova Scotia Department
of Community Services—
Hants District Office**

80 Water Street
PO Box 2350
Windsor, NS B0N 2T0
798-8319 (general inquiries)
Fax: 798-6605
www.gov.ns.ca/coms

**Nova Scotia Department
of Community Services—
Kings District Office #1**

10 Webster Street, Suite 202
Kentville, NS B4N 1H7
679-5146 (general inquiries)
Fax: 678-3072
www.gov.ns.ca/coms

*Prevention, eligibility review,
community supports for adults,
in-home support for children, and
foster care coordinator.*

**Nova Scotia Department
of Community Services—
Kings District Office #2**

76 River Street
Kentville, NS B4N 1G9
678-6176 (general inquiries)
Fax: 679-6242

*Day care, income assistance,
and employment supports.*

**Nova Scotia Department
of Community Services—
Lunenburg District Office**

Provincial Building
99 High Street, Suite 105
Bridgewater, NS B4V 1V8
543-5527 (general inquiries)
543-4554 (child welfare services)
Fax: 543-6186
www.gov.ns.ca/coms

**Nova Scotia Department
of Community Services—
Queens District Office**

123 Henry Hensey Drive
PO Box 1360
Liverpool, NS B0T 1K0
354-2771 (general inquiries)
Fax: 354-7460
www.gov.ns.ca/coms

**Nova Scotia Department
of Community Services—
Shelburne District Office**

PO Box 9
Barrington, NS B0W 1E0
637-2335 (general inquiries)
637-2337 (child welfare services)
Fax: 637-2137
www.gov.ns.ca/coms

**Nova Scotia Department
of Community Services—
Western Regional Office**

10 Webster Street, Suite 202
Kentville, NS B4N 1H7
679-6715
Fax: 679-6127
www.gov.ns.ca/coms

**Nova Scotia Dept of Community
Services—Regional Resources,
Western Region**

678-5119
mylesrp@gov.ns.ca

Using PRIDE core in-service Modules, the program provides competency based training to foster and adoptive resource families designed to strengthen foster and adoptive care. PRIDE Core builds upon competencies learned in PRIDE Pre-service training. For more info on Module descriptions, topics, key concepts, and registration please visit www.gov.ns.ca/coms/families/fostercare/; PRIDE training schedule.

**Nova Scotia Department
of Community Services—
Yarmouth District Office**

10 Starrs Road
Yarmouth, NS B5A 2T1
742-0741 (general inquiries)
Fax: 742-0747
www.gov.ns.ca/coms

**Nova Scotia Office
of the Ombudsman**

5670 Spring Garden Road, Suite 700
PO Box 2152
Halifax, NS B3J 3B7
424-6780
1 (800) 670-1111 (toll free)
Fax: 424-6675
ombudsman@gov.ns.ca
www.gov.ns.ca/ombu

Handles complaints against provincial and municipal government agencies and departments.

Region of Queens Municipality

249 White Point Road
 PO Box 1264
 Liverpool, NS B0T 1K0
 354-3453
 Fax: 354-7473
 info@regionofqueens.com
 www.regionofqueens.com

Service Canada Call Centre

1 (800) O CANADA (622-6232) (toll free)
 TTY: 1 (800) 926-9105 (toll free)
 Fax: (613) 941-1827
 www.canada.ca

Primary access point to find information on federal government services.

**Service Canada—
Bridgewater Office**

77 Dufferin Street
 PO Box 3100
 Bridgewater, NS B4V 3J1
 1 (800)622-6232
 TTY: 1 (800) 537-9573 (toll free)
 Fax: 527-5570
 www.servicecanada.gc.ca

Provides financial benefits, job-related services, and Social Insurance Number applications.

**Service Canada—
Digby Office**

Maud Lewis Provincial Building
 84 Warwick Street
 Digby, NS B0V 1A0
 1 (800)622-6232
 TTY: 1 (800) 537-9573 (toll free)
 Fax: 245-6226
 www.servicecanada.gc.ca

Provides financial benefits, job-related services, and Social Insurance Number applications.

Service Canada—Kentville Office

Federal Building
 495 Main Street, 2nd Floor
 Kentville, NS B4N 3W5
 1 (800)622-6232
 TTY: 1 (800) 537-9573 (toll free)
 Fax: 679-5786
 www.servicecanada.gc.ca

Provides financial benefits, job-related services, and Social Insurance Number applications.

Service Canada—Shelburne Office

218 Water Street
 Shelburne, NS B0T 1W0
 1 (800)622-6232
 TTY: 1 (800) 537-9573 (toll free)
 Fax: 875-3505
 www.servicecanada.gc.ca

Provides financial benefits, job-related services, and Social Insurance Number applications.

Service Canada—Yarmouth Office

13 Willow Street, 2nd Floor
 Yarmouth, NS B5A 4B2
 1 (800)622-6232
 TTY: 1 (800) 537-9573 (toll free)
 Fax: 742-0815
www.servicecanada.gc.ca

*Provides financial benefits,
 job-related services, and Social
 Insurance Number applications.*

Service Nova Scotia and Municipal Relations—Public Enquiries

Mailroom, 8 South, Maritime Centre
 1505 Barrington Street
 Halifax, NS B3J 3K5
 424-5200
 1 (800) 670-4357 (toll free)
 Fax: 424-0720
askus@gov.ns.ca

www.gov.ns.ca/snsmr/secure/contact/Default.asp?bhcp=1

*Information on provincial
 government programs, policies, and
 initiatives.*

Town of Berwick

236 Commercial Street
 PO Box 130
 Berwick, NS B0P 1E0
 538-8068
 Fax: 538-3724
general@town.berwick.ns.ca
www.town.berwick.ns.ca

Town of Bridgetown

271 Granville Street
 PO Box 609
 Bridgetown, NS B0S 1C0
 665-4637
 Fax: 665-5011
info@town.bridgetown.ns.ca
www.town.bridgetown.ns.ca

Town of Bridgewater

60 Pleasant Street
 Bridgewater, NS B4V 3X9
 543-4651
 Fax: 543-6876
admin@bridgewater.ca
www.bridgewater.ca

Town of Digby

147 First Avenue
 PO Box 579
 Digby, NS B0V 1A0
 245-4769
 Fax: 245-2121
www.townofdigby.ns.ca

Town of Kentville

354 Main Street
 Kentville, NS B4N 1K6
 679-2500
 Fax: 679-2375
info@town.kentville.ns.ca
www.town.kentville.ns.ca

Town of Lunenburg

119 Cumberland Street
 PO Box 129
 Lunenburg, NS B0J 2C0
 634-4410
 Fax: 634-4416
explorelunenburg@ns.sympatico.ca
www.explorelunenburg.ca

Town of Shelburne

168 Water Street
 PO Box 670
 Shelburne, NS B0T 1W0
 875-2991
 Fax: 875-3932
 shelburnetown@ns.aliantzinc.ca
 www.auracom.com/tnshelb

Town of Wolfville

359 Main Street
 Wolfville, NS B4P 1A1
 542-5767
 Fax: 542-4789
 www.town.wolfville.ns.ca

Town of Yarmouth

400 Main Street
 Yarmouth, NS B5A 1G2
 742-8565
 Fax: 742-6244
 administration@yarmouth-town.com
 www.yarmouth-town.com

Village of Greenwood

904 Central Avenue
 PO Box 1068
 Greenwood, NS B0P 1N0
 765-8788
 Fax: 765-4369
 greenwoodns@eastlink.ca
 www.greenwoodnovascotia.com

Village of Port Williams

1045 Main Street
 PO Box 153
 Port Williams, NS B0P 1T0
 542-4411
 Fax: 542-4566
 villageoffice@ns.aliantzinc.ca
 www.portwilliams.com

International Services**Children of Choice Consulting**

42 Pine Haven Drive
 Beaver Bank, NS B4G 1A7
 422-9881

Specializes in international adoptions.

**Citizenship and Immigration Canada
— Canada Immigration Centre**

International Adoption Information
 1 (888) 242-2100 (toll free)
 TTY: 1 (888) 576-8502 (toll free)
 www.cic.gc.ca: Enter into language
 of choice and then click on "International
 Adoption" under "Visas and
 Immigration."

**Families with Children from China
— Nova Scotia**

Karn Nichols or Judy Little
 479-2442
 fccns@eastlink.ca

*Volunteer organization that arranges
 activities to celebrate major Chinese
 holidays and runs a Chinese culture
 program for those who have
 adopted children from China or
 other Asian countries, or are in
 the process of doing so.*

Family Foundations Consulting

P.O. Box 28042
 Dartmouth, NS B2W 6E2
 456-5053
 Donelda MacDonald, social work
 practitioner

Provides post placement reports and post-adoption support with respect to adjustment and attachment issues.

Multicultural Association of Nova Scotia

1113 Marginal Road
Halifax, NS B3H 4P7
423-6534

Fax: 422-0881
admin@mans.ns.ca
www.mans.ns.ca

Information and advocacy for multicultural groups within Nova Scotia.

Nova Scotia Human Rights Commission

Provincial Building
84 Warwick Street
Digby, NS B0V 1A0
245-4791

Fax: 245-7103
hrcinquiries@gov.ns.ca
www.gov.ns.ca/humanrights

Addresses complaints of discrimination and provides cultural diversity training.

Legal Services

Bridgewater Justice Centre

141 High Street
Bridgewater, NS B4V 1W2
543-4679
Fax: 543-0678

Family Court. Serving Lunenburg and Queens Counties.

Kentville Justice Centre

136 Exhibition Street
Kentville, NS B4N 4E5
679-6075
Fax: 679-6081

Family Court. Serving Hants and Kings Counties.

Legal Information Society of Nova Scotia

Lawyer Referral Service—
Dial-A-Law—Legal Info Line
5523B Young Street
Halifax, NS B3K 1Z7
455-3135 (legal information and lawyer referral service)
1 (800) 665-9779 (toll-free number for the above services)
454-2198 (administration, publications, and projects)
420-1888 (Dial-A-Law)
Fax: 455-3105
lisns@legalinfo.org
www.legalinfo.org

Services for people looking for lawyers or legal information in specific areas of law.

Nova Scotia Barristers' Society

Cogswell Tower, Suite 800
 2000 Barrington Street
 Halifax, NS B3J 3K1
 422-1491
 Fax: 429-4869
 www.nsbs.org

Handles complaints against lawyers, and provides information to the public.

Nova Scotia Legal Aid

www.nslegalaid.ca
Provides legal assistance for family law and criminal matters to those who qualify.
To locate a legal aid office near you, please refer to the 'Contact Us' page on this website.

Nova Scotia Legal Aid Commission— Head Office

Office of the Executive Director
 137 Chain Lake Drive, Suite 102
 Halifax, NS B3S 1B3
 420-6578
 1 (877) 420-6578 (toll free)
 Fax: 420-3471
 nsla.exec@ns.sympatico.ca

Yarmouth Justice Centre

164 Main Street
 Yarmouth, NS B5A 1G3
 742-0550
 Fax: 742-0678
Family Court.

Mental Health

Addiction Services—Fisherman's Memorial Hospital

14 High Street
 PO Box 1180
 Lunenburg, NS B0J 2C0
 634-8801
 www.southshorehealth.ca

Annapolis Community Health Centre Mental Health Program

821 S George Street
 PO Box 426
 Annapolis Royal, NS B0S 1A0
 902-532-2381
 Fax: 902-532-2113

Canadian Mental Health Association—Annapolis County Branch

PO Box 249, RR #4
 Bridgetown, NS B0S 1C0
 665-4801
 Fax: 665-5084
 chapelcreekgallery@ns.sympatico.ca
 www.cmha.ca

Provides education and support to those with mental illness.

Canadian Mental Health Association—King's County Branch

49 Cornwallis Street, Suite 109
 PO Box 894
 Kentville, NS B4N 4H8
 679-7464
 Fax: 679-7470
 programmanager@cmhakings.ns.ca
 www.cmhakings.ns.ca

Provides education and support to those with mental illness.

**Canadian Mental Health Association
—Lunenburg County Branch**

450 LaHave Street, Suite 17
Bridgewater, NS B4V 3T2
543-7082
Fax: 543-7082
cmha.lunenburg@gmail.com
www.cmha.ca

Provides education and support to those with mental illness.

**Digby Mental Health Centre, Digby
General Hospital**

75 Warwick Street
PO Box 820
Digby, NS B0V 1A0
245-4709
Fax: 245-2145
www.swndha.nshealth.ca

Provides mental health services for all ages.

Mental Health Services—Berwick
(Satellite of Kentville Mental Health Services)

121 Orchard Street
Berwick, NS B0P 1E0
538-3111

**Mental Health Services—
Hants Community Hospital**

89 Payzant Drive
Windsor, NS B0N 2T0
792-2042
Fax: 798-0709

Treatment for individuals with mental illness.

Mental Health Services—Kentville

AVH Chipman
15 Chipman Drive
Kentville, NS B4N 3V7
365-1700
&

Valley Regional Hospital

150 Exhibition Street
Kentville, NS B4N 5E3
902-678-7381
Fax: 902-679-1904

**Mental Health Services—Liverpool
(Satellite Clinic)**

Queen's General Hospital
175 School Street
Liverpool, NS B0T 1K0
354-2721

Note: The main clinic is in Bridge-
water, and all referrals must go
through this clinic. Call 527-5228.

Community support for groups and individuals. Adult and child services.

Mental Health Centre—Middleton

Soldier's Memorial Hospital
426 Main Street
PO Box 728
Middleton, NS B0S 1P0
825-3411
Fax: 825-0599
mentalhealth.smh@avdha.nshealth.ca
www.avdha.nshealth.ca

Mental health services for individuals or families.

Mental Health Services— South Shore Health

Dawson Centre, Level 2
197 Dufferin Street
Bridgewater, NS B4V 2G9
527-5228
Fax: 543-3120
www.mentalhealthsouthshore.ca

*Mental health services for
individuals and families.*

Shelburne Mental Health Services

Roseway Hospital
1606 Lake Road
PO Box 610
Shelburne, NS B0T 1W0
875-4200
Fax: 875-3493
mentalhealth.rh@swndha.nshealth.ca
www.swndha.nshealth.ca/
roseway.htm

*Mental health services for
individuals and families.*

Yarmouth Mental Health Centre

Yarmouth Regional Hospital
60 Vancouver Street
Yarmouth, NS B5A 2P5
742-4222

Physical Health

Annapolis Community Health Centre

821 St. George Street
PO Box 426
Annapolis Royal, NS B0S 1A0
532-2381
Fax: 532-2113
www.avdha.nshealth.ca

*Contains 24-hour emergency
department.*

Bear River and Area Community Health Clinic

1112 River Road
PO Box 85
Bear River, NS B0S 1B0
467-3611
Fax: 467-3339
bear.riverclinic@ns.sympatico.ca
www.bearriverandareacclinic.ca

*Open weekdays from 8:30 am
to 4 pm.*

Brain Tumour Foundation of Canada

620 Colborne Street, Suite 301
London, ON N6B 3R9
1 (519) 642-7755
1 (800) 265-5106 (toll free)
Fax: 1 (519) 642-7192
braintumour@braintumour.ca
www.braintumour.ca

Brain tumour support group.

Capital Health—QEII Health Sciences Centre

Halifax Infirmiry Building
1796 Summer Street
Halifax, NS B3H 3A7
473-2700

www.cdha.nshealth.ca: Select “Hospitals/Health Centres” on left menu and then “Queen Elizabeth II Health Sciences Centre.”

The largest health sciences centre in Atlantic Canada.

Digby General Hospital

75 Warwick Street
PO Box 820
Digby, NS B0V 1A0
245-2501; Fax: 245-5517
www.swndha.nshealth.ca/dgh

Directory of Family Physicians Accepting New Patients

www.gov.ns.ca/health/physicians/physicians.asp
424-3047

Directory of French Speaking Primary Health Care Providers

www.gov.ns.ca/health/frhcp/

Doctors Nova Scotia

25 Spectacle Lake Drive
Dartmouth, NS B3B 1X7
468-1866
Fax: 468-6578
info@doctorsns.com
www.doctorsns.com

Professional association of Nova Scotia's doctors.

Eastern Kings Memorial Community Health Centre

23 Earnscliffe Avenue
Wolfville, NS B4P 1X4
542-2266
Fax: 542-4619
www.avdha.nshealth.ca/ekm

Hants Community Hospital

89 Payzant Drive
Windsor, NS B0N 2T0
792-2000; Fax: 798-6002
www.cdha.nshealth.ca: Select “Hospitals/Health Centres” and then select Hants Community Hospital.

Contains 24-hour emergency department.

Health Canada

Maritime Centre
1505 Barrington Street, Suite 1525
Halifax, NS B3J 3Y6
426-2038
1 (866) 225-0709 (toll-free general inquiry line)
Fax: 426-3768
info@hc-sc.gc.ca
www.hc-sc.gc.ca

Deals with any matter within the jurisdiction of Health Canada.

Health Promotion Clearinghouse—Nova Scotia

City Centre Atlantic
1535 Dresden Row, Suite 209
Halifax, NS B3J 3T1
494-1917
1 (877) 890-5094 (toll free)
Fax: 494-3594
Caroline Ploem, manager,
hpc@dal.ca

www.hpcclearinghouse.ca

Links people and organizations involved in health promotion in Nova Scotia to community resources and expertise.

IWK Health Centre

5850/5980 University Avenue

PO Box 9700

Halifax, NS B3K 6R8

470-8888 (switchboard)

Fax: 470-6790

feedback@iwk.nshealth.ca (general inquiries only)

www.iwk.nshealth.ca

Provides care to children, youth, women, and families.

**IWK Health Centre—
Child Safety Link**

5850/5980 University Avenue

PO Box 9700

Halifax, NS B3K 6R8

470-6496

1 (866) 288-1388 (toll free outside Halifax)

Fax: 470-6774

childsafetylink@iwk.nshealth.ca

www.childsafetylink.ca

Poison prevention information and other injury prevention information.

IWK Regional Poison Centre

5850 University Avenue

PO Box 9700

Halifax, NS B3K 6R8

***FOR ALL POISON EMERGENCIES,
DIAL 911 AND ASK TO SPEAK TO
THE POISON CENTRE.***

470-8161 (Halifax-only emergency line)

1 (800) 565-8161 (toll-free emergency line for rest of Nova Scotia)

Fax: 470-7213

Toll-free, 24-hour poison information service.

**Lung Association of Nova Scotia—
Asthma Action Helpline**

1 (800) 668-7682 (toll free in Nova Scotia)

info@ns.lung.ca

A toll-free helpline. Certified asthma educators are available weekdays during business hours to answer questions and provide advice on asthma.

**Lung Association of Nova Scotia
Provincial Office**

6331 Lady Hammond Road

Halifax, NS B3K 2S2

443-8141

Fax: 445-2573

info@ns.lung.ca

www.ns.lung.ca

Telephone service for people with asthma. Provides information. Not an emergency number.

Medical Services Insurance (MSI)

Physical location: 230 Brownlow Ave
Dartmouth, NS

Mailing address: PO Box 500

Halifax, NS B3J 2S1

496-7008

1 (800) 563-8880 (toll free)

Fax: 481-3160 (registration)

msienquiry@medavie.bluecross.ca

www.gov.ns.ca/health/msi.htm

Provides eligible residents with coverage for medically required health services.

Nova Scotia Department of Health and Wellness

PO Box 488

Halifax, NS B3J 2R8

424-5818

1 (800) 387-6665 (toll free)

Fax: 424-0730

dohweb@gov.ns.ca

www.gov.ns.ca/dhw

Nova Scotia Rehabilitation Centre

1341 Summer Street

Halifax, NS B3H 1K1

473-2700 (main switchboard to all hospitals; you will have to tell the operator which department or doctor you wish to speak with)

www.cdha.nshealth.ca: Click

“Hospitals/Health Centres” on left,

then “Queen Elizabeth II Health Sciences Centre.” Click “Nova Scotia Rehabilitation Centre” under

“Victoria General site buildings” on right side of centre of page.

Cross-disability rehabilitation facility.

Public Health Services—Clare

Clare Medical Centre

PO Box 150

Meteghan, NS B0W 1Z0

645-2325

Fax: 645-3250

Public Health Services—Digby

67 Warwick Street

PO Box 1718

Digby, NS B0V 1A0

245-2557

Fax: 245-5517

Queens General Hospital

175 School Street

PO Box 370

Liverpool, NS B0T 1K0

354-3436

Fax: 354-2018

www.southshorehealth.ca

Contains 24-hour emergency department.

Ronald McDonald House Atlantic Canada

1133 Tower Road

Halifax, NS B3H 2Y7

429-4044

Fax: 429-8650

info@rmhatlantic.ca

www.rmhatlantic.ca

Roseway Hospital

1606 Lake Road

PO Box 610

Shelburne, NS B0T 1W0

875-3011

Fax: 875-1580

www.swndha.nshealth.ca/roseway.htm

Contains 24-hour emergency department.

Soldiers Memorial Hospital

462 Main Street
PO Box 730
Middleton, NS B0S 1P0
825-4811
www.avdha.nshealth.ca/smh

South Shore Regional Hospital

90 Glen Allan Drive
Bridgewater, NS B4V 3S6
543-4603
www.southshorehealth.ca

Contains 24-hour emergency department.

South West Nova District Health Authority

60 Vancouver Street
Yarmouth, NS B5A 2P5
742-3541
Fax: 742-0369
info@swndha.nshealth.ca
www.swndha.nshealth.ca

Valley Regional Community Asthma Care Centre

150 Exhibition Street
Kentville, NS B4N 5E3
679-1831
www.avdha.nshealth.ca
Patient education programs for children and adults with asthma.

Valley Regional Hospital

150 Exhibition Street
Kentville, NS B4N 5E3
678-7381
Fax: 679-1904
www.avdha.nshealth.ca

Western Kings Memorial Health Centre

121 Orchard Street
PO Box 490
Berwick, NS B0P 1E0
538-3111
Fax: 538-9590
www.avdha.nshealth.ca

Yarmouth Regional Hospital

60 Vancouver Street
Yarmouth, NS B5A 2P5
742-3541
Fax: 742-0369
www.swndha.nshealth.ca: Select "Hospitals" and then scroll down to "Yarmouth Regional Hospital."

Yarmouth Regional Hospital Asthma Education Clinic

Respiratory Therapy Department
60 Vancouver Street
Yarmouth, NS B5A 2P5
742-3542, ext. 505
Fax: 742-0512

Patient education program for children and adults with asthma. Physician referral required.

Psychological Services

Association of Psychologists of Nova Scotia

1657 Barrington Street, Suite 417
Halifax, NS B3J 2A1
422-9183
Fax: 462-9801
apns@apns.ca
www.apns.ca

Provides a directory of psychologists registered with the association, as well as a guide to choosing a psychologist. Psychologists cannot be reached directly through this phone number or email address; the association provides referrals to private practice psychologists.

Bower-Jacquard Psychological Services

7165 Highway 1, Suite 102
Coldbrook, NS B4R 1A2
678-6572
Fax: 678-6228
Sheila Bower-Jacquard, bower-
jacquard@ns.aliantzinc.ca

Therapy for individuals, couples, families, and children.

Boyd and Pick Psychological Services

15 Jones Road, Suite 2
New Minas, NS B4N 3N2
&
8740 Commercial Street
New Minas, NS B4N 3C5
681-0235
Fax: 681-0215
boyd.pick@ns.sympatico.ca

Dr. James Chandler

Yarmouth Professional Building
615 Main Street, Suite 315
Yarmouth, NS B5A 1K1
742-6661

Specializes in pediatric psychiatry.

Barbara L. DeLong

Private Practice
PO Box 833
Chester, NS B0J 1J0
277-0566
c/o Chester Family Practice
3785 Highway #3
Chester, NS
Fax: 275-2032
c/o South Shore Psychological
Services
926 King Street
Bridgewater, NS
Fax: 527-2946

Provides counselling services to individuals and couples.

Joan Reeves

Bridgewater, NS
527-6804

Therapist who provides individual, couple and family counselling.

Wanda L. Schofield

Kentville Family Counselling Centre
401 Main Street, Suite 100
Kentville, NS, B4N 1K7
365-3445
Cell: 691-5125
Fax: 365-3446
kentvillefcc@eastlink.ca

Provides counselling regarding separation and divorce, stress and coping, grief and loss, parenting and

blended family issues, adoption, depression and anxiety, child and youth services and abuse issues. Provides assessments for mental health addiction issues (including depression, anxiety, ADHD), adoption home assessments, and at youth risk.

Shireen Singer

4271 Highway #3, RR #2
Chester, NS B0J 1J0
275-5041
233-8305 (toll free)
ssinger@ns.sympatico.ca

Counsellor with experience in adoption and attachment issues.

Recreation Services

Big Brothers Big Sisters of Annapolis Valley

136 Exhibition Street
Kentville, NS B4N 4E5
678-8641
kids@ns.sympatico.ca
www.bbbsannapolisvalley.ca

Provides the opportunity for a one-to-one relationship between children and adult volunteers. The aim is to enhance the development and sense of self-worth of children who are primarily from single-parent families. Carefully screened adult volunteers are matched with children who are in need of leadership, guidance, friendship, or role modelling. In-school mentor program as well.

Big Brothers Big Sisters of South Shore

93 Dufferine Street
Bridgewater, NS B4V 2G4
543-4435
Fax: 543-8571
southshorebbbs@ns.sympatico.ca
www.bigbrothersbigsisters.ca/
southshore

Provides the opportunity for a one-to-one relationship between children and adult volunteers. The aim is to enhance the development and sense of self-worth of children who are primarily from single-parent families. Carefully screened adult volunteers are matched with children who are in need of leadership, guidance, friendship, or role modelling. In-school mentor program as well.

Big Brothers Big Sisters of Yarmouth

32 Hawthorne Street
PO Box 698
Yarmouth, NS B5A 4K3
742-7623
bbbsyar@aol.com

Provides the opportunity for a one-to-one relationship between children and adult volunteers. The aim is to enhance the development and sense of self-worth of children who are primarily from single-parent families. Carefully screened adult volunteers are matched with children who are in need of leadership, guidance, friendship, or role modelling. In-school mentor program as well.

Boys and Girls Club of Yarmouth

11 Bond Street
 Yarmouth, NS B5A 1P6
 742-9103
 Fax: 742-5915
 bgcy@ns.sympatico.ca
 www.bgccan.com

Offers recreation and social activities for children. Day care and after-school program also offered for ages three months to 12 years.

Boys and Girls Clubs of Canada—National Office

2005 Sheppard Ave. East, Suite 400,
 Toronto, Ontario
 1 (905) 477-7272
 Fax: 1 (416) 640-5331
 info@bgccan.com
 www.bgccan.com: Select “Find a Club” to find a club in your area, and click “Go.” Clubs available in Dartmouth, Cole Harbour, Preston, Spryfield, Sackville, Truro/Colchester, and Yarmouth.

Bridgewater Parks, Recreation and Culture

60 Pleasant Street
 Bridgewater, NS B4V 3X9
 543-2274
 Fax: 543-6876
 www.bridgewater.ca

Girl Guides of Canada—Nova Scotia Council

423-3735
 1 (800) 565-8111 (toll free)
 Fax: 423-5347
 ggcns@girlguides.ns.ca
 www.girlguides.ns.ca
 Activities for girls ages 5 to 17 years, as well as women ages 18 and over.

Kidsport Nova Scotia

5516 Spring Garden Road, 4th Floor
 Halifax, NS B3J 1G6,
 902-425-5454 ext. 350
 F: 902-425-5606
 kidsport@sportnovascotia.ca
 http://www.sportnovascotia.ca/kidsport

Municipality of East Hants Recreation and Culture Services

230-15 Commerce Court
 Elmsdale, NS B25 3K5
 883-7098
 Fax: 758-3497
 www.easthants.ca

Municipality of the District of West Hants Recreation Department

76 Morison Drive
 PO Box 3000
 Windsor, NS B0N 2T0
 798-8391
 Fax: 798-8553
 recreation@westhants.ca
 summerrec@westhants.ca
 www.westhants.ca

Parks Canada—Atlantic Service Centre

1869 Upper Water Street, 2nd Floor,
Pontac House
Halifax, NS B3J 1S9
426-9805
Fax: 426-7012
www.pc.gc.ca

Parks Canada—National Office

25 Eddy Street
Gatineau, QC K1A 0M5
1 (888) 773-8888 (toll free)
information@pc.gc.ca
www.pc.gc.ca

Oversees all national parks in Canada.

Recreation Nova Scotia

5516 Spring Garden Road, Suite 309
Halifax, NS B3J 1G6
425-1128
Fax: 422-8201
info@recreationns.ns.ca
www.recreationns.ns.ca

Advocates on behalf of all Nova Scotians for high-quality recreation and leisure opportunities.

Scouts Canada

84 Thorne Ave
Dartmouth, NS B3B 1Y5
423-9227
1 (800) 557-7268 (toll free)
Fax: 423-7989
nsoffice@scouts.ca
www.ns.scouts.ca
Educational and recreation programs for youth.

Sport Nova Scotia

5516 Spring Garden Road, 4th Floor
Halifax, NS B3J 1G6
425-5450
Fax: 425-5606
sportns@sportnovascotia.ca
www.sportnovascotia.ca

Promotes the benefits of health, personal development, and achievement for all participants. Works to increase public awareness of the benefits of amateur sport.

YMCA of Lunenburg County

75 High Street
Bridgewater, NS B4V 1V8
543-9622
543-6399 (child-care services for ages 18 months and up; day camps offered in summer)
Fax: 543-6292
Candy Lohnes, director of child services, candy_lohnes@ymca.ca
www.ymcалunenburgcounty.org
Offers a range of recreation services for all ages, as well as child-care services.

YMCA of Yarmouth

275 Main Street
PO Box 86
Yarmouth, NS B5A 4B1
742-7181
Fax: 742-7676
YarmouthYservices@ymca.ca
www.ymcayarmouth.ns.ca
Offers a range of recreation services for all ages.

Special Needs

Abilities Foundation of Nova Scotia

3670 Kempt Road
Halifax, NS B3K 4X8
453-6000

Fax: 454-6121

admin@abilitiesfoundation.ns.ca
www.abilitiesfoundation.ns.ca

Services for children and adults who have physical disabilities. Offers Camp Tidnish for children ages eight years and older.

Accessible Nova Scotia

1 (866) 696-7536 (toll free)
info@accessiblens.ca
www.accessiblens.ca

A group of individuals, businesses, government representatives, and organizations who share a common vision of Nova Scotia as an accessible destination for both residents and visitors.

Alexander Society for Special Needs

PO Box 2398
Wolfville, NS B4P 2S3
582-3888

Kathleen Purdy, founding director,
kp@alexandersociety.org
www.alexandersociety.org

Creative art program for children and teens with special needs.

Bell Aliant IP Relay

To communicate with an IP Relay user, call: 1-877-855-7851

For Help and Support for IP Relay:
1-800-694-9313 (Voice); 711 (TTY)

This new service uses a chat based application to make communication easier for people who are deaf or hard of hearing and those with speech disabilities. No change to place calls within Canada/U.S. Operators are available 24/7.

Attention Deficit Association of Nova Scotia

506 Sackville Drive
Lower Sackville, NS B4C 2R8
869-1117
Fax: 869-3836

Provides education, support, and research assistance for people who are affected by attention deficit hyperactivity disorder.

Brain Injury Association of Nova Scotia

QEII Health Sciences Centre
Halifax, NS
PO Box 8804
Halifax, NS B3K 5M4
473-7301
Fax: 473-7302

bians1@ns.sympatico.ca
www3.ns.sympatico.ca/bians1/

Provides support for brain-injured people and their families.

Canadian Cystic Fibrosis Foundation—South West Nova Chapter

Yarmouth, NS
765-0609
timvallillee@hotmail.com
www.cysticfibrosis.ca

Provides information and support to people affected by cystic fibrosis.

Canadian Diabetes Association

Regional Leadership Centre
137 Chain Lake Drive, Suite 101
Halifax, NS B3S 1B3
453-4232
1 (800) 326-7712 (toll free)
Fax: 453-4440
www.diabetes.ca

Provides information and resources to people with diabetes and their families. Summer camps for children.

Camp Morton

Kejimikujik
Queens County, NS
1 (800) 326-7712 (toll free)

For children ages 13 and 14 living with type 1 diabetes.

Camp Lion Maxwell

Lake William
Lunenburg County, NS
1 (800) 326-7712 (toll free)

For children ages 7 to 12 living with type 1 diabetes.

Canadian National Institute for the Blind

6136 Almon Street
Halifax, NS B3K 1T8
453-1480
1 (800) 563-2642 (toll-free number for national office)
Fax: 454-6570
nspei@cnib.ca
www.cnib.ca

Offers rehabilitation services to those who are blind or visually impaired.

Canadian Paraplegic Association (Nova Scotia)

Mainland Nova Scotia & Head Office
Halifax Shopping Centre, Tower 1
Suite 317A
Halifax, NS B3L 4N9
423-1277
1 (800) 889-1889 (toll free within Nova Scotia)
Fax: 492-1213
halifax@canparaplegic.org
www.thespine.ca

Helps people with spinal cord injuries and other physical disabilities to achieve independence, self-reliance, and full community participation.

Deaf Literacy Nova Scotia

c/o Society of Deaf and Hard of Hearing Nova Scotians
1657 Barrington Street, Suite 117
Halifax, NS B3J 2A1
423-3353
422-7130 (voice, videophone, TTY)
Fax: 492-3864
dlns@ns.sympatico.ca
www.dlns.ca

Promotes and supports literacy and learning of deaf adults through self-development, literacy, and American Sign Language/Maritime Sign Language literacy.

Disability Tax Credit/Child Disability Benefit

1 (800) 959-8281 (toll free)
www.cra.gc.ca: Enter into language of preference, then select "Persons with disabilities" from "Information For" column on the left.

Information on both the Disability Tax Credit and Child Disability Benefit, either of which may be available to parents who support a child or children who have a severe and prolonged mental or physical impairment.

Epilepsy Association of Nova Scotia

5880 Spring Garden Road, Suite 306
Halifax, NS B3H 1Y1
429-2633
1 (866) EPILEPSY (374-5377) (toll free)
Fax: 425-0821
info@epilepsyns.com
www.epilepsyns.com

Provides information and resources to people with epilepsy and their families.

Equal Education Association of Nova Scotia

860-1759
info@eeans.com
www.eeans.com

Non-profit association that advocates educational rights on

behalf of all children with learning disabilities in Nova Scotia.

Evergreen Home for Special Care

655 Park Street
Kentville, NS B4N 3V7
678-7355
Fax: 678-5996
evergreen@evergreenhome.ns.ca
www.evergreenhome.ns.ca

Privately owned continuous care provider. Includes a 20-bed children's unit and provides long-term placements and respite care for high-needs children.

Kings Regional Rehabilitation Centre

PO Box 128
Waterville, NS B0P 1V0
538-3103
Fax: 538-7022
www.krrc.nsnet.org

Learning Disabilities Association of Nova Scotia

2 Dartmouth Road
Bedford, NS B4A 2K7
423-2850
1 (877) 238-5322 (toll free)
Fax: 423-2834
info@ldans.ca
www.ldans.ca

Offers advocacy, support, and referral services to children, parents, adults, and others dealing with learning disabilities.

Lisa Harris—speech-language pathologist

PO Box 909
 Chester, NS B0J 1J0
 495-1343
 Fax: 275-4369
 slp.harris@ns.sympatico.ca

Assessment and treatment of speech and language difficulties.

Mariposa Reading Achievement Centre—Bridgewater

109 Logan Road, Unit 1B
 Bridgewater, NS B4V 3T3
 543-6243
 www.mariposa-reading.com

Reading therapy programs.

Mariposa Reading Achievement Centre—Windsor

40 Water Street, Suite 204
 Windsor, NS B0P 1L0
 472-3533.

Newborn Hearing Screening Program—IWK

5850/5980 University Avenue
 PO Box 3070
 Halifax, NS B3J 3G9
 470-7146
 Fax: 470-7950
 nshgrace@nshsc.ns.ca
 www.nshsc.ns.ca

Provides early detection and treatment of hearing disorders.

Nova Scotia Direct Family Support

5675 Spring Garden Road
 PO Box 696, Halifax, NS B3J 2T7
 424-0932
 Fax: 424-0708
 www.gov.ns.ca/coms/disabilities/
Provides support and services to both children and adults with disabilities who live at home with their families.

Nova Scotia Direct Family Support—Western Regional Office

10 Webster Street, Suite 202
 Kentville, NS B4N 1H7
 679-6715
 Fax: 679-6127
 www.gov.ns.ca/coms/disabilities/
Provides support and services to both children and adults with disabilities who live at home with their families.

Nova Scotia Disabled Persons Commission

Dartmouth Professional Centre
 277 Pleasant Street, Suite 104
 Dartmouth, NS B2Y 4B7
 424-8280
 1 (800) 565-8280 (toll free within Nova Scotia)
 www.gov.ns.ca/disa
Gives people with disabilities a way to participate in the provincial government policy-making process, and advises policy-makers and program-developers about the needs of people with disabilities and the issues and concerns that affect the lives of people with disabilities.

Nova Scotia Hearing and Speech –Provincial Centre

www.nshsc.ns.ca Select 'Find Us' and then click on the area you would like to learn more about.

Located in 24 communities throughout Nova Scotia.

Pathways Community Association

450 LaHave Street, Unit 17, Suite 250
Bridgewater, NS B4V 4A3
543-2272, 530-5302, or 543-9213
pathwayslearning@eastlink.ca
www.learningpathways.ca

Support group for parents of children with learning disabilities.

Presidents Choice Children's Charity—Atlantic Region

1 President's Choice Circle
Brampton, Ontario, L6Y 5S5
1-877-525-4762
F: 902-861-2307
PCCharity@Loblaws.ca

Committed to providing assistance to children with special needs, childhood nutrition programs as well as supporting the Boys and Girls Club of Canada.

Provincial Autism Centre

1456 Brenton Street
Halifax, NS B3J 2K7
446-4995
1 (877) 544-4495 (toll free)
Fax: 446-4997
info@autismcentre.ns.ca
www.autismcentre.ns.ca

Provides information on autism spectrum disorders. For a yearly

fee of \$10, anyone throughout the province can receive resource books by mail on a temporary basis.

reachAbility

3845 Joseph Howe Drive, Suite 201
Halifax, NS B3L 4H9
429-5878

Toll Free/TTY: 1-866-429-5878

Fax: 429-5858

info@reachability.org

www.reachability.org

A non-profit organization in Nova Scotia that works to improve access to justice, equality, and human rights for people living with disabilities and for those within their support system.

Society of Deaf and Hard of Hearing Nova Scotians

1657 Barrington Street, Suite 117
Halifax, NS B3J 2A1
422-7130 (voice, videophone, TTY)
Fax: 492-3864

1 (800) 516-5551 (toll free within Nova Scotia)

sdhns@ns.sympatico.ca

www.sdhns.org

Provides services to people who are deaf or hard of hearing, as well as hearing parents of children who are deaf.

Southwest Nova Chapter – Autism Nova Scotia

RR4, Box 10030

Yarmouth, NS B5A 4A8

1 (877)544-4495 (toll free)

info@autismns.ca

www.autismnovascotia.ca

Special Olympics Nova Scotia

5516 Spring Garden Road, Suite 305
 Halifax, NS B3J 1G6
 1 (866) 299-2019 (toll free)
 Fax: 425-5606
 www.sons.ca

Non-profit organization dedicated to providing year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with an intellectual disability.

Spina Bifida and Hydrocephalus Association of Nova Scotia

15 Laura Drive
 RR4, Eastern Passage, NS, B3G 1K31
 1 (800) 304-0450 (toll free)
 Fax: 679-1124
 info@sbhans.ca
 www.sbhans.ca

Provides services to individuals with spina bifida and hydrocephalus and their families.

The Children's Wish Foundation of Canada – Nova Scotia Chapter

105-238 Brownlow Ave.
 Dartmouth, NS B3B 2B4
 902-492-1984
 F: 902-492-1908
 NS@childrenswish.ca
 www.childrenswish.ca

Valley Read (A Spell Read P.A.T. Licensee)

57 Webster Street
 Suite 201, Kentville, NS B4N 1H4
 692-0235
 info@valleyread.com
 www.valleyread.com

Services for children ages six years and older with reading difficulties. Phonics training program.

Waterville Mental Health Team

Nova Scotia Youth Facility
 1442 Country Home Road
 Waterville, NS
 902-538-8071
 Fax: 902-538-7405

Yarmouth Association for Community Residential Options

6 Thurston Street
 PO Box 866, Yarmouth, NS B5A 4K5
 742-9258
 Fax: 742-0156
 info@yacro.com
 www.yacro.com

Offers respite services for families with children and youth with disabilities. Services for mentally and physically challenged children and adults. Fosters independent living.

Other Informational Resources

2-1-1 System

<http://ns.211.ca>

By dialing 211 or visiting the 211 website, users can easily and quickly connect to the social, health, and community services they need, anywhere in the province, regardless of where they are located.

Adopt—Assistance, Information, Support

www.adopting.org

American website with useful articles and information.

Adoption Council of Canada

1 (888) 542-3678 (toll free)

www.adoption.ca

Website with useful articles and information.

Adoptive Families Association of BC

www.bcadoption.com/default.asp

Website with useful articles and information

Alternative Programs for Youth and Families Inc

172 Dufferin Street

Bridgewater, NS B4V 2G7

543-1727

Fax: 543-2614

Annapolis Valley Regional Library

26 Bay Road

PO Box 640

Bridgetown, NS B0S 1C0

665-2995

1 (866) 922-0229 (toll free)

Fax: 665-4899

www.valleylibrary.ca

Association of Black Social Workers

6414 Coburg Road

Halifax, NS B3H 3J5

Veronica Marsman, president

vmarsman@me.com

www.nsasw.org: Follow the ABSW link.

Black Cultural Centre for Nova Scotia

1149 Main St

Dartmouth, NS B2Z 1A8

434-6223; Fax: 434-2306; contact@bccns.com

www.bccns.com

Is dedicated to the preservation and promotion of Canadian Black Culture.

South Shore Family Resource Association

156 York Street

Bridgewater, NS B4V 1R3

543-1301

Fax: 543-1828

debbie@southshorefamilyresource.org

www.southshorefamilyresource.org

Provides free programming to families with children prenatal to six years in Lunenburg, Queens and Shelburne counties.

Caregivers Nova Scotia

3433 Dutch Village Road
 Halifax, NS B3N 2S7
 421-7390
 1 (877) 488-7390 (toll free)
 Fax: 421-7338
 info@caregiversns.org
 www.caregiversnovascotiablog.wordpress.com

Provides information and support to caregivers of those with disabilities and chronic illness.

Chester and Area Family Resource Centre

PO Box 99
 Chester, NS B0J 1J0
 275-4347
 Fax: 275-2013
 cafrc@ns.aliantzinc.ca
 info@chesterfamilycentre.ca

Provides programs, information, resources, and services for families in the Chester area.

Colchester–East Hants Public Library—Elmsdale Branch

Hants East Resource Centre
 15 Commerce Court, Suite 100
 Elmsdale, NS B2S 3K5
 883-9838
 elmsdale@cehpubliclibrary.ca
 www.lovelylibrary.ca

Colchester–East Hants Public Library—Mount Uniacke Branch

555 Highway #1
 Site 1, Box 2, RR 1
 Mount Uniacke, NS B0N 1Z0
 866-0124
 Fax: 866-0519
 mtuniack@cehpubliclibrary.ca
 www.lovelylibrary.ca

Community Access Program—c@p

1 (800) 575-9200 (toll free)
<http://cap.ic.gc.ca>

Sites with free access to computers and the Internet.

Confederacy of Mainland Mi'kmaq

PO Box 1590
 57 Martin Crescent
 Truro, NS B2N 5V3
 895-6385
 Fax: 893-1520
 www.cmmns.com

Family Matters: The Annapolis County Family Resource Centre

10 Middle Road, RR #1
 Lawrencetown, NS B0S 1M0
 548-2210
 1(800) 399-7119 (toll free)
 Fax: 665-4148
 familymatters@ns.sympatico.ca
 www.family-matters.ca

Services and programs for parents and children.

**Family Resource Centre
of West Hants**

10 Water Street
Windsor, NS B0N 2T0
798-5961
Fax: 798-5962
frcofwh@eastlink.ca
www.frcofwh.webs.com

Various programs and services for families. For children of all ages.

**Federation of Foster Families
of Nova Scotia**

99 Wyse Road, Suite 350
Dartmouth, NS B3A 4S5
424-3071
1 (888) 845-1555 (toll free)
Fax: 424-5199
Carol Cole, administrative assistant—
operations, colecf@gov.ns.ca
www.fosterfamilies.ns.ca

Provides support for foster families.

**Greenwood Military Family
Resource Centre**

AVM Morfee Centre
School Road
PO Box 582, Greenwood, NS B0P
1N0
765-5611
Fax: 765-1747
www.familyforce.ca

Provides programs, information, resources, and services to military families.

Hantsport Public Library

11 School Street
PO Box 542
Hantsport, NS B0P 1P0
684-4005
www.valleylibrary.ca

Kids Help Phone

457-4779 (regional office)
1 (800) 668-6868 (toll-free helpline)
Fax: 457-1074
atlantic@kidshelpphone.ca
www.kidshelpphone.ca

Canada's only toll-free, 24-hour, bilingual, and anonymous phone and web counselling, referral, and information service for children and youth.

**Kings County Family
Resource Centre**

503 Main Street
Kentville, NS B4N 1L4
678-5760
family.centre@ns.sympatico.ca

Various programs and services for families.

**North American Council
on Adoptable Children**

www.nacac.org
Website with resources and articles of interest; American organization but with Canadian board members.

**Nova Scotia Association
of Social Workers**

Plaza 1881, 1891 Brunswick Street,
Suite 106
Halifax, NS B3J 2G8
429-7799
Fax: 429-7650
nsasw@nsasw.org
www.nsasw.org

Promotes and regulates the practice of social work and helps its members to offer a high standard of service that respects diversity, promotes social justice, and enhances the worth, self-determination, and potential of individuals, families, and communities.

**Nova Scotia Community
Organization Network (NSNET)**

PO Box 128
Waterville, NS B0P 1V0
538-3103, ext. 112
Fax: 538-7022
trc@nsnet.org
www.nsnet.org

Provides links to websites of Nova Scotian community organizations.

**Nova Scotia Council for the Family
Parenting Resource Centres in NS**

www.nscouncilfamily.org *Select 'Parenting Directory' from top menu and click on the resource center in the preferred area.*

**Nova Scotia Human Rights
Commission**

Provincial Building
84 Warwick Street
Digby, NS B0V 1A0
245-4791
Fax: (902) 245-7103
hrcinquiries@gov.ns.ca
www.gov.ns.ca/humanrights

Addresses complaints of discrimination and provides cultural diversity training.

**Nova Scotia League for Equal
Opportunities**

5251 Duke Street, Suite 1211
Halifax, NS B3J 1P3
455-6942
1 (866) 696-7536 (toll free)
Fax: 454-4781
nsleo@eastlink.ca
www.novascotialeo.org

Advocacy organization working on behalf of people with disabilities.

Nova Scotia Youth Help Line

5670 Spring Garden Road
Halifax, NS B3J 1H6
420-8336 (24-hour crisis line)
1 (800) 420-8336 (toll-free,
24-hour crisis line)
Fax: 423-3240

Peer counselling nightly from 6 pm to 10 pm. Open 24 hours for emergencies.

Parenting Journey Program

902-454-2036

A program that offers free in home support to families of children aged 3 to 16 who are facing challenging times. Program is voluntary and is funded by Department of Community Services. There are 11 programs around the province.

Parents' Place Yarmouth Family Resource Centre

34 Barnard Street
Yarmouth, NS B5A 3T5
749-1718

Fax: 749-1325
parentsplaceed@eastlink.ca
www.parentsplaceyarmouth.org
Various programs and services for families.

Passport Canada—Halifax Office

1505 Barrington Street, Suite 1508
Halifax, NS B3J 3K5
1 (800) 567-6868 (toll free)
Fax: 426-4620

St. John Ambulance—Main Branch

101 Main Street
PO Box 26068
Dartmouth, NS B2W 6E2
463-5646
1 (800) 565-5056 (toll free)
Fax: 469-9609
info@ns.sja.ca
www.sja.ca/ns
Provides first aid training.

South Shore Regional Library

PO Box 34
Bridgewater, NS B4V 2W6
543-2548
Fax: 543-8191
info@southshorepubliclibraries.ca
www.southshorepubliclibraries.ca

Western Counties Regional Library

405 Main Street
Yarmouth, NS B5A 1G3
742-2486
Fax: 742-6920
www.westerncounties.ca

Windsor Regional Library

195 Albert Street
PO Box 106
Windsor, NS B0N 2T0
798-5424
www.valleylibrary.ca