

Colchester- East Hants Community Resources List

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HEALTH RESOURCES

811

You can also contact the Department of Health and Wellness at 902-424-5818 or 1-800-387-6665. If you are deaf or hard of hearing, please call 1-800-670-8888 (TTY/TDD).

For trusted, everyday health information and advice, call 811. Concerned about your health?

Wondering if you can care for yourself at home, or need to see a doctor? Call 8-1-1 to talk to a registered nurse around the clock, seven days a week. Our nurses can also provide information about services provided in your area, or general information about your health care concerns.

Did you know that...

- ❖ 811 can help you with advice on everything from bee stings, frost bite, to coughs, and flu
- ❖ 811 provides services in over 125 different languages including Farsi, Cantonese, French, Chinese, and Arabic, to name a few.

Website: <https://811.novascotia.ca/>

Today's Nurse

Willow Street Medical Centre, 655 Willow Street, Truro. 902.843.1095

Call today for a free, in home assessment by a registered nurse. Today's Nurse is an affordable solution for the elderly throughout the community, who prefer to stay at home where their quality of life is enhanced without the stress and hardships of interrupted routines and changes in daily habits.

Our around the clock service alternatives are designed for people who choose to live independently.

- ❖ Companionship
- ❖ Light house cleaning
- ❖ Meal preparation
- ❖ Home health check
- ❖ Personal Care
- ❖ Respite Care

- ❖ Palliative Care
- ❖ Alzheimer's Care
- ❖ Medication Management
- ❖ Select Nursing Services

Physician Information Line

811

Find a Family Physician or Other Primary Care Provider

The Need A Family Practice Registry is a provincial list for people without a family doctor or nurse practitioner. Once you have registered here, you will be added to the provincial registry.

When a primary care provider in your area is accepting new patients, the practice will either contact you directly, or Nova Scotia Health Authority will contact you.

Website: needafamilypractice.nshealth.ca

Fundy Trail Mall Walk-In Clinic

Fundy Trail Mall, 68 Robie Street, Truro. 1.902.893.3635

Hours: Monday-Friday open at 5:30pm Saturday, Sunday and Holidays at 11:30am

Patients can call for same day appointments, call 902.893.3635 from 9am to 12 noon and 1pm to 3pm Monday thru Friday.

For Saturday and Sunday same day appointments call 902.893.3635.

The Walk-In Clinic has been serving the community seven days a week since 2002. It is staffed by local family doctors and administrative staff who are dedicated to serving the people of Truro and the surrounding areas.

Email: twalkinclinic@eastlink.ca

Colchester-East Hants Health Center

600 Abenaki Road, Truro.

Administrative Switchboard: 902.893.5554

Patient Switchboard: 902.893.5554

Website: <http://www.nshealth.ca/>

Women's Health Clinic

902.896.2877

Dr Hali Bauld is offering sexual/reproductive health services for women once a month. Call to book an appointment.

Seniors' Clinic

Rath Eastlink Community Centre, 625 Abenaki Road, Truro

Hours: Monday-Friday 8:30am-4:30pm

Promotes wellness and independence in aging, men and women aged 65+. Provides the following services:

- ❖ Consultation, education, health promotion, and illness prevention activities
- ❖ Completes an in-depth assessment of the senior to get an overall picture of their health and provides recommendations
- ❖ Advocates on behalf of seniors
- ❖ Helps navigate the health care system

Most initial assessments are done on a home visit.

website: [http://www.cehha.nshealth.ca/Colchester Regional/services/Seniors.htm](http://www.cehha.nshealth.ca/Colchester%20Regional/services/Seniors.htm)

Public Health Services

Colchester East Hants Health Centre, 600 Abenaki Road, Truro.

Truro Public Health Services: 902.893.5820

Elmsdale Public Health Services: 902.883.3500

Hours: Monday-Friday 8:30am-4:30pm

Public health services include:

- ❖ Healthy Development Programs: Postnatal screening for wellness and adjustment to home following delivery * Home visits for breastfeeding support * Infant and child immunization clinics
- ❖ Healthy Communities: Support for healthy eating policies in community settings * Community capacity building for breastfeeding support * Tobacco and smoke free policies

support * Education on oral health * Prevention, community capacity building and advocacy for injury prevention and chronic disease prevention

- ❖ Communicable Disease Prevention and Control: Education, data collection, reporting of common diseases, investigating outbreaks and immunization programs
- ❖ Environmental Health: Protection, prevention, education and advocacy around diseases that result from contaminants in the water, air, and food

Website: <http://www.nshealth.ca/public-health>

Blood Collection Services

Main Switchboard: 902.384.2220

Provides blood collection services in various communities.

Locations include:

- ❖ Bayers Road Centre 902.454.1661. Mon-Fri 7am-7:30pm * Sat 8am-3:30pm
- ❖ Cobequid Community Health Centre 902.869.6101. Mon-Fri 7am-2pm
- ❖ Dartmouth General Hospital 902.465.8305. Mon, Thurs, Fri 7am-3pm * Tue-Wed 7am-7:30pm * Sat 8am-3:30pm
- ❖ Eastern Shore Memorial Hospital 902.885.3607. Mon-Fri 7:30am-10:30am
- ❖ Hants Community Hospital 902.792.2037. Mon-Fri 7am-11am
- ❖ Halifax Infirmary 902.473.2452. Mon-Fri 7am-3pm
- ❖ Musquodoboit Valley Memorial Hospital 902.384.2220. Mon-Fri 7am-11am
- ❖ St Margaret's Bay Blood Collection 902.826.3377. Mon, Tues, Thurs, Fri 7am-2:30pm * Wed 7am-7:30pm * Sat 8am-3:30pm
- ❖ Spryfield Shopping Centre 902.477.3763. Tue, Fri, 7am-2:30pm * Sat 8am-3:30pm
- ❖ Twin Oaks Memorial Hospital 902.889.4115. Mon-Fri 7:30am-11am
- ❖ Victoria General 902.473.6625. Mon-Fri 7am-4pm
- ❖ Woodlawn Medical Clinic 902.460.6770. Mon, Thur 7am-7:30pm * Sat 8am-3:30pm

Website: <http://www.cdha.nshealth.ca/pathology-laboratory-medicine/blood-collection-services>

Outpatient Nutrition Services

Colchester East Hants Health Centre, 600 Abenaki Road, Truro.

Administrative Switchboard: 902.893.5554

Patient Switchboard: 902.893.5554

Toll-Free: 1.800.460.2110, or 1.844.855.6688

Hours: Monday-Friday 8:30am-4:30pm

Provides nutrition counselling services to outpatients and their families. Outpatients can be seen individually and/or in a group for education around a variety of nutrition-related diseases or concerns including:

- ❖ Heart health
- ❖ Weight management
- ❖ Gastrointestinal disorders
- ❖ Renal disease

Clinical dietitians also serve as a resource to other health professionals and community groups.

Website: <http://www.cehha.nshealth.ca/services/DieteryNutritionServices.htm>

Truro and Area Community Health Board

600 Abenaki Road, Truro. 902.893.5820

The community health board:

- ❖ Identifies health priorities
- ❖ Provides advice to local health authorities
- ❖ Supports community-based projects
- ❖ Encourages community participation around health initiatives
- ❖ Helps educate the public about the health care system
- ❖ Identifies ways to make the communities healthier
- ❖ Participates in the allocation of grants to promote better health

Email: luanne.schenkels@nshealth.ca

Nova Scotia Breast Screening Program

Colchester East Hants Health Centre, 600 Abenaki Road, Truro. 902-473-3960

Hours: Monday-Friday 8am-5pm

Mammograms can be used to detect breast cancer. Mammography screening is recommended for asymptomatic (symptom-free) women at least 40 years of age with:

- ❖ No new breast symptoms
- ❖ No breast implants
- ❖ No personal history of breast cancer
- ❖ Minimum one year since previous mammogram

Women or men who are symptomatic (have new breast problems) should be checked by their family physician and possibly have a diagnostic mammogram arranged for them by the physician's office.

Provides 11 fixed locations across the province for breast screening as well as a mobile route that includes 30 stops to service remote areas and hard to reach populations. All mammography is performed using Full Field Digital Technology. If you would like to be screened on the Mobile Van, please view the schedule posted on the website to find out when the van will be in your area. Eligibility: Women ages 40 years or older with no new breast symptoms, no breast implants, not previously diagnosed with breast cancer, and a minimum age of 40

Website: <http://www.breastscreening.nshealth.ca>

Cancer Patient Navigator

Colchester East Hants Health Centre, 600 Abenaki Road, Truro. Cancer Patient Navigator: 902.893.5554 ext 42549

Cancer Patient Navigators are nurses who work with child, teen and adult cancer patients and families throughout their cancer journey, during diagnosis, treatment and follow-up care. Helps manage individual needs such as:

- ❖ Understanding a diagnosis
- ❖ Preparing to make decisions about treatment
- ❖ Coordinating care
- ❖ Connecting with other health professionals
- ❖ Connecting with local support groups and resources
- ❖ Enrolling in financial assistance programs

Audiology

Colchester East Hants Health Centre, 600 Abenaki Road, Truro. 902.893.5512 Toll-Free: 1.888.780.3330

Hours: Monday-Friday 8:30am-4:30pm

Audiologists work to:

- ❖ Reduce the impact of hearing loss
- ❖ Test hearing
- ❖ Help people and groups learn about hearing loss
- ❖ Teach about hearing loss
- ❖ Study hearing loss and its impact

Audiologists are trained in advanced test procedures and follow recognized practice standards and work with other health care professionals to identify and diagnose hearing problems. Tests hearing for all age groups. After reviewing these tests, the audiologist will discuss the results with you and make recommendations about whether more tests are required, if a medical referral might be appropriate, or if hearing aid amplification should be considered.

Email: info@nshsc.nshealth.ca

Website: <http://www.nshsc.nshealth.ca/?q=audiology/about-audiology>

Rehabilitation Services - Occupational Therapy

600 Abenaki Road, Truro. 902.893.5520

Provides occupational therapy services that:

- ❖ Help clients so they are better able to take part in daily activities
- ❖ Provide clients with education and support so they can stay healthy or become healthier within the context of their daily life
- ❖ Work with other health care providers to ensure clients receive the services they need.

Website: <http://www.cehha.nshealth.ca/services/RehabilitationServices.htm>

Rehabilitation Services – Physiotherapy

600 Abenaki Road, Truro. 902.893.5520

Services provided include:

- ❖ Assessment and treatment a wide variety of conditions, helping people to improve their physical and functional ability
- ❖ Providing clients with education and support so they can stay healthy or become healthier within the context of their physical health and abilities

- ❖ Working with other health care providers to ensure clients receive the services they need

Service Website: <http://www.cehha.nshealth.ca/services/RehabilitationServices.htm>

Asthma Care Centre

600 Abenaki Road, Truro. 902.893.4321 ext 2396

Hours: Wednesday 8am-4pm

Provides assistance for those with asthma to:

- ❖ Establish and maintain control of their asthma
- ❖ Learn about medication
- ❖ Develop self-management skills
- ❖ Learn how to avoid triggers

Website: <http://www.cehha.nshealth.ca/services/AsthmaCareClinic.htm>

NS Health Authority (Autism, ADHD, Family First)

Colchester East Hants Health Centre, 600 Abenaki Road, Truro.

Administrative Switchboard: 902.893.5554

Patient Switchboard: 902.893.5554

Toll-Free: 1.800.460.2110, or 1.844.855.6688

Hours: Monday-Friday 8:30am-4:30pm

- ❖ Autism Services- Helps children with autism spectrum disorder (ASD) develop skills in areas such as communication, social development, and play through the use of positive techniques.

Services include: Treatment sessions; Early Intensive Behaviour Intervention (EIBI program); Assessment for specific age groups. Services are provided in community settings such as the child's home, daycare, or pre-school.

Contact to refer. Referrals can be made by family physician, school/day care, early interventionist, speech therapist, parent/caregiver, or other professionals. Parental consent is required. Pre-school aged children ages 6 years and younger with autism spectrum disorder

- ❖ ADHD Clinic

The services of the ADHD Clinic include: Screening, Assessment, Diagnosis, Intervention, Research. Contact the Child, Adolescent and Family Services department of Mental Health and Addiction Services to be connected to the ADHD Clinic. Referrals can be made by family physician, school personnel, parent/caregiver, or an outside community agency. Parental consent is required.

Eligibility: Children ages 6-12 years who have:

- * No diagnosis of ADHD in the past
- * Never been on medication for inattention, impulsivity, or hyperactivity
- * Not had a psychoeducational assessment in the past two years
- * Attend a school within the Chignecto Central Regional School Board

❖ Family First

Intensive, community-based program within Child and Youth Services Outpatient Mental Health and Addiction Services. Based on what the family requests, individual and/or family therapy is included in the treatment plan. Home- or community-based services may be offered for up to three months. In exceptional cases, and with the family's agreement, the episode of care may be extended on a limited basis.

Eligibility: *Families living within the Colchester East Hants district who have a child up to 12 years of age, where the child has a diagnosed or suspected mental health concern.

*Exceptions to the age criteria will be made, where appropriate, for: Families identifying as First Nations or African Nova Scotia OR * Where there are specific services barriers (e.g. transportation, language) or neurodevelopmental considerations that would make in-clinic services difficult to access

*This is a voluntary program.

Website: <http://www.nshealth.ca/locations-details/Colchester%20East%20Hants%20Health%20Centre>

Your Way to Wellness

Colchester East Hants Health Centre, 600 Abenaki Road, Truro.

Your Way to Wellness Coordinator: 1.888.672.3444 Toll-Free: 1.800.460.2110, or 1.844.855.6688

A provincial six week self-management program for people living with chronic conditions or caregivers of someone living with a chronic condition. Some examples of chronic conditions are:

- ❖ Arthritis
- ❖ High blood pressure
- ❖ Asthma
- ❖ Chronic Obstructive Pulmonary Disease (COPD)
- ❖ Diabetes
- ❖ Heart disease
- ❖ Fibromyalgia
- ❖ Depression
- ❖ Anxiety

The program gives participants the tools they need to deal with chronic conditions. Participants learn how to: Set goals, Solve problems, Manage symptoms, fears, and frustration, Enjoy a healthier, active life

Eligibility: Adults with chronic health conditions and caregivers of people with chronic health conditions

Email: yw2w@nshealth.ca

Website: <http://www.nshealth.ca/content/your-way-wellness>

Diabetes Centre

Musquodoboit Valley Memorial Hospital Diabetes Centre, 492 Archibald Brook Road, Middle Musquodoboit. 1.844.790.8108

Colchester East Hants Health Centre, 600 Abenaki Road, Truro. 902.893.5528

Hours: Wednesdays 8am-4pm

Diabetes centres in Nova Scotia offer programs and services to individuals diagnosed with diabetes and their family members. Some diabetes centres may see individuals with pre-diabetes; however, this is determined at the local level.

Provides services including:

- ❖ Individual assessment
- ❖ Individual instruction
- ❖ Group instruction

- ❖ Insulin initiation and insulin adjustment
- ❖ Survival skills
- ❖ Diabetes self-management education
- ❖ Pre-diabetes education

Palliative Care

600 Abenaki Road, Truro

Helps patients manage difficult pain and other symptoms related to their illness while providing end-of-life care.

Patient end-of-life care is provided in the patient's home. The integrated palliative care health care team will visit patients at their homes (including long term care facilities) in all communities located in Colchester County and East Hants. The team works with your primary care physician and specialist(s) and home care team (VON) to support you however they can. They partner with the Colchester East Hants Hospice Society which allows them to provide some additional supports. There is a nine bed palliative care inpatient unit located at Colchester East Hants Health Centre.

Website: <http://www.cehha.nshealth.ca/service-details/Palliative%20Care>

Truro Ostomy Association Monthly Meeting

Douglas Street Recreation Centre, 40 Douglas Street, Truro. 902-899-2747

*Hours: Meetings are held the first Sunday of every month at 2pm * No meetings in June, July and August*

Meetings are held monthly for people who have had or may have ostomy surgery and their families, partners, caregivers and friends to meet, provide support and understanding, and share information.

Membership required.

Eligibility: Individuals who have an ostomate or are a caregiver/support person of an ostomate

Email: tritzee@eastlink.ca

Website: <http://www.ostomycanada.ca/support/canadian-chapters>

One-on-one Telephone and Email Support

Canadian Red Cross Office, 139 Truro Heights Road, Truro Heights. 902-324-2273 Toll-Free: 1-877-488-7390

Hours: Monday- Friday 9am-4:30pm Support groups are held the first Thursday of each month, 6:30pm-8:30pm

Offers confidential and non-judgmental telephone and email support to family and friend caregivers. Staff can help steer caregivers in the right direction, answer questions, and offer support and encouragement.

This is an in-person, peer support group facilitated by the Caregiver Support Coordinator for the Northern Region. Please note Caregivers Nova Scotia does not have a physical office in Truro.

Their main/administrative office is located in Halifax. Eligibility: Caregivers who support a family member or friend who has a physical or mental health condition, is chronically ill, frail, or elderly

Email: northern@caregiversns.org

Website: <http://www.caregiversns.org/how-we-help/caregiver-support-line>

Support Groups- Northern Healthy Connections Society

33 Pleasant Street, Truro. General Inquiries: 902.985.0931 Toll-Free: 1.866.940.2437

Hours: Monday-Friday 8:30am-4:30pm

Provides support groups for people who are infected with HIV/AIDS or hepatitis C and their support people.

Email: admin@nhcsociety.ca

Website: <http://www.nhcsociety.ca>

Support Groups- Prostate Cancer Canada

Truro Police Station Community Room, 776 Prince Street, Truro. Kenneth McCallum: 902.895.6570

Hours: Group meets on the first Thursday of each month at 7pm, September to June

Offers:

- ❖ Confidential support for men who are diagnosed with prostate cancer, as well as their families
- ❖ A place to meet and talk with other prostate cancer survivors
- ❖ Guest speakers
- ❖ Information on general health and areas related to prostate cancer

Email: jk.mccallum@ns.sympatico.ca

Support Group-Hope Chest Breast Cancer Support Group

Truro Police Station Community Room, 776 Prince Street, Truro. 902.895.3021 902.895.8952

Hours: Meets the third Thursday of the month from 7pm- 9pm, September to May

Survivor-driven group that provides breast cancer related activities and social events as well as opportunity to share personal experiences about cancer with each other.

Email: normatulk@hotmail.com

Support Group- Colchester Stroke Club

Douglas Street Recreation Centre, 40 Douglas Street, Truro. 902.893.2756

Hours: Tuesday 10am- 2pm, Group does not operate during July and August

Support group that offers: Fellowship and activities, Therapy, Hot lunch, and Guest speakers to individuals who have had a stroke, caregivers, and family members

Email: sheilaosmond@hotmail.com

Support Group- Brain Injury Association of Nova Scotia

Sobeys, 68 Robie Street, Truro. 902-662-3024

Hours: First Thursday of every month, 7pm-9pm

Provides peer support for survivors of brain injury, those with epilepsy and seizures-related issues, their families and friends. Eligibility People who have survived brain injuries * People who have epilepsy and seizures-related issues

Email: info@braininjuryns.com

Website: <http://www.braininjuryns.com>

MENTAL AND EMOTIONAL HEALTH

Canadian Mental Health Association

547 Prince Street, Truro. 902.895.4211

Hours: Monday- Friday 9am-5pm

The Canadian Mental Health Association (CMHA), founded in 1918, is one of the oldest voluntary organizations in Canada. Each year, we provide direct service to more than 100,000 Canadians through the combined efforts of more than 10,000 volunteers and staff across Canada in over 120 communities.

Email: cmha.ceh11@gmail.com

Website: <http://ceh.cmha.ca>

Mental Health Recovery Support Group (Provided by CMHA)

574 Prince Street, Truro. 902.895.4211

A peer support group that focuses on positive coping and the journey of recovery in a confidential, supportive environment with others who share similar experiences

Email: cmha.ceh11@gmail.com

Website: <http://www.facebook.com/CMHAColchesterEastHantsBranch>

Mental Health and Addiction Services - Seniors' Mental Health

600 Abenaki Road, Truro. Toll-Free: 1.844.855.6688

Hours: Monday-Friday 8:30am-4:30pm

Provides assessment and treatment for psychiatric illness complicated by the aging process and for people experiencing dementia at any age. Seniors' mental health provides services in seniors' homes, long term care facilities, and inpatient consultation.

People ages 65 years and older experiencing a psychiatric disorder * People experiencing dementia at any age

Website: <http://www.nshealth.ca/mental-health-addictions>

Mental Health and Addiction Services - COMPASS Program

600 Abenaki Road, Truro. Toll-Free: 1.844.855.6688

A voluntary program for adults with complex/serious mental illnesses that interfere with their daily life. Activities occur in home and community as needed for person centered care and support.

A team of health care providers (nurses, occupational therapists, social workers, and a psychiatrist) help people cope with difficulties through:

- ❖ Individual support
- ❖ Early treatment
- ❖ Crisis support
- ❖ Wellness education
- ❖ Problem solving
- ❖ Goal setting and skill building
- ❖ Advocacy
- ❖ Recreation groups
- ❖ Relapse prevention
- ❖ Linking to community resources
- ❖ Family work
- ❖ Long acting medication depot clinic

Eligibility: Adults who have a complex/persistent/serious mental illness, often including psychosis and mood disorders, with significant impairments in daily functioning and are followed by a Psychiatrist.

Caregiver Support Group

Rath Eastlink Community Centre, Seniors Clinic, 625 Abenaki Road, Truro. 902.896.2906 Toll-Free: 1.800.611.6345

Hours: Meetings held on the third Wednesday of each month at 7pm

Provided by: Alzheimer Society of Nova Scotia. Provides support, information, and education to people caring for a person with dementia. Eligibility: Family members, friends, and/or neighbours caring for a person with dementia

Email: alzheimer@asns.ca

Website: <http://www.alzheimer.ca/en/ns/We-can-help/Support/Support-group-meetings>

Archway Counselling Association

883 Prince Street, Truro. 902.893.3991

Archway Counselling Association has provided counselling services for our community since 1994. The association oversees Archway Counselling, a professional counselling program, and Slate Youth Centre, a gathering space for youth. Our services are based on a foundation of integrity, compassion, and Christian principles.

Email: info@archwaycounselling.ca

Website: archwaycounselling.ca

Central Nova Women's Resource Centre

67 Dominion Street, Truro. 902.895.4295

Hours: Monday-Friday 9am-4pm

One-on-one support services for women, by appointment. Accompaniment & support for women facing challenges when dealing with legal systems, family services, or any other agency. Drop-in resource center for referrals and information on local resources and supports. Programming to empower women throughout the year, details found on website and Facebook page

Jackie's Closet: Free seasonal clothes and feminine hygiene products for women

Girl Power summer camps for ages 8-11, details posted on Facebook page as they are confirmed

Email: admin@cnwrc.ca

Website: <http://cnwrc.ca>

Victims of Family Violence Association

Third Place Transition House 24-Hour Crisis Line: 902.893.3232 Women's Outreach:

902.895.9740 General Inquiries: 902.893.4844 Toll-Free: 1.800.565.4878

- ❖ Child Witnesses of Domestic Violence Abuse Education- Eight week program covering topics such as: Family violence, Dealing with anger, Safety planning, Self-esteem. Facilitated by the children services worker. Eligibility: Children who have been affected by domestic abuse
- ❖ Outreach Services- Community based outreach services to assist women and children fleeing abuse and violence. Services include: Accompaniment to court, Assistance with

peace bond and court applications, Individual supportive counseling, Information and referral, Group support. Eligibility: Women and children who have experienced or witnessed domestic abuse

- ❖ Take Time For Your Life- A program designed to offer support and options to challenging life issues and emphasizes the need for self-care to be healthy mentally and emotionally. Facilitated by the women's outreach worker. Eligibility: Women who are currently in or recently out of an abusive relationship

Email: victimsassociation@ns.aliantzinc.ca

Website: <http://www.thirdplaceth.ca>

Self Help Connection

101-5571 Cunard Street, Halifax. 902.4662011 or Toll-free 1.844.466.2011

WRAP AROUND Nova Scotia is an innovative, province-wide initiative to increase community capacity to support mental health and wellness in our Nova Scotia communities. Individuals within our collaborative partnerships throughout the province will be offered WRAP (Wellness and Recovery Action Plan) Plan Training and will be supported in their ability to develop and facilitate self-help groups from a model of peer support and recovery.

Website: <http://selfhelpconnection.ca/directory-of-self-help-groups-in-nova-scotia/>

Nova Scotia Health Authority

Call 811 for health advice, 911 for emergencies or Mental Health Crisis line – 1.888.429.8167

Nova Scotia Health Authority provides health services to Nova Scotians and some specialized services to Maritimers and Atlantic Canadians. We operate hospitals, health centres and community-based programs across the province.

Website: <https://www.nshealth.ca>

Colchester Residential Services Society

35 Commercial Street, Truro. 902.893.4273

Hours: Monday-Friday 9am-5pm

People with disabilities have the right to pursue goals related to where and how they live, work, learn and play.

C.R.S.S. is committed to assisting the people it supports pursue their life goals.

Website: <http://crssinfo.ca>

Colchester East Hants Health Centre

600 Abenaki Road, Truro. 902.893.5554 or mental health mobile crisis team call 902.429.8167 or toll-free at 1.888.429.8167

The Colchester East Hants Health Centre serves the residents of Colchester East Hants. The health centre has inpatient units and operates a wide range of clinics and satellite services

Website: <http://www.nshealth.ca2/locations-details/Colchester%20East%20Hants%20Health%20Centre>

Nova Scotia Certified Peer Support Specialist Program

This resource is available by request only. To request this resource please email r.muisse-nscpps@eastlink.ca.

The Mental Health Commission of Canada (MHCC) leads the development and dissemination of innovative programs and tools to support the mental health and wellness of Canadians. Through its unique mandate from the Government of Canada, the MHCC supports federal, provincial, and territorial governments as well as organizations in the implementation of sound public policy.

Website: <https://www.mentalhealthcommission.ca/English/content/nova-scotia-certified-peer-support-specialist-program>

Email: r.muisse-nscpps@eastlink.ca.

Colchester East Hants Community Hospice Society

89 Queen Street, Truro. 902.893.3265

Hospice is a building, a belief and an approach. It focuses on improving the quality of living and quality of dying of people and their families when facing, serious illness, death and grief. In Colchester East Hants, Hospice-Palliative Care strives to provide physical, psychological, social, spiritual and practical support. Hospice is a registered charity and 100% of our fundraising activity supports programs throughout our community.

Email: cjohnson@cehhospice.org

Website: cehhospice.org

Grief Support Walking Group

89 Queen Street, Truro. 902.893.3265

Currently, Hospice runs a drop-in group for people who are coping with grief after the death of a loved one. Drop-in is a chance for people to come together and socialize, talk, play games, do puzzles and connect with others who many share their grief experience. Drop in typically runs twice a year, in the spring and fall.

Email: cjohnson@cehhospice.org

Website: <https://cehhospice.org/grief-bereavement/>

Communities Addressing Suicide Together (CAST)

45 Alderney Drive, Suite 200, Dartmouth. 902.4298167 or Toll-free 1.888.429.8167

CAST is working together to help communities in Nova Scotia build their capacity to address suicide, using a population health-based approach – using principles of community suicide prevention as a guide

Email: Pamela@novascotia.cmha.ca

Website: <https://novascotia.cmha.ca/programs-services/communities-addressing-suicide-together-cast/>

Healthy Beginnings: Enhanced Home Visiting

This program is offered through Public Health Services. For information, contact your local Public Health Office, Truro: 902.893.5820

Healthy Beginnings: Enhanced Home Visiting provides additional support to families facing challenges through a comprehensive home visiting program. Families may receive home visiting support for up to three years and/or referral and linkage to other health and community resources. Home visiting focuses on supporting parents, promoting a healthy parent-child relationship, fostering healthy childhood development and linking families with community resources that further enhance the opportunities for healthy growth and development of the child and the family

Schizophrenia Society Of Nova Scotia

5571 Cunard Street Unit 101 (street level), Halifax. 902.465.2601 or Toll-free: 1.800.465.2601

Hours: Monday-Friday 9am-5pm

The Schizophrenia Society of Nova Scotia works to improve the quality of life for those affected by schizophrenia, psychosis, bipolar and related mental disorders through education, support programs, influencing public policy, and encouraging research. The focus of the Society is to promote the goal that each individual will be able to return to a quality of life meeting each person's own perception of needs and expectations. The Society supports healthy minds, bodies, communities and lives.

Email: contact@ssns.ca

Website: <http://ssns.ca/about-us.html>

NS Early Psychosis Program

5909 Veterans' Memorial Lane, 8th Floor (Abbie J. Lane Memorial Building) Halifax.

902.473.2976

At NSEPP, we're committed to improving the mental health and quality of life of young people experiencing a first episode of psychosis by:

- ❖ Promoting early detection
- ❖ Providing optimal and timely health care, based on the most up-to-date scientific evidence and standards

Email: earlypsychosisprogram@nshealth.ca

Website: <https://medicine.dal.ca/departments/department-sites/psychiatry/research/early-psychosis/about.html>

ADDvocacy ADHA & Life Skills Coaching

5 Bluenose Court, Eastern Passage. 902.580.2343

ADDvocacy ADHD & Life Skills Coaching Ltd. is committed to helping every client (individual or larger organization) achieve and excel in his or her personal and professional life. This is an all-encompassing social mission. Collaboratively, we will Educate and Empower you to proactively ADDvocate for yourself and live your life with purpose and passion

Website: <http://addvocacycoach.com>

Autism Nova Scotia

5954 Spring Garden Road, Halifax. 902.446.4995 or Toll-free 1.877.544.4495

The Truro Chapter of Autism Nova Scotia began about five years ago with Ed Chats and participating in The Walk the Walk for Autism. The Ed Chats were held by Lori Logue as a way to share information with parents. These topics included the PEERS Program focusing on making and keeping friends, transition periods, and a variety of guest speakers.

Email: Stephanie Mitchell at truro_rc@autismns.ca

Website: <http://autismtruro.ca>

PARENTING/PRENATAL AND FAMILY SUPPORTS

Maggie's Place Family Resource Centre

1027 Prince Street, Truro. 902.895.0200

Hours: Monday-Friday 9am-3pm

Are you looking for a place to relax, chat with other parents & caregivers, or just have some “adult time”? If so, Maggie’s Place WELCOMES YOU! Maggie’s Place offers a place away from the routines of home, where you and your children can play, learn and meet other parents. Maggie’s Place also offers FREE programs for adults and children including prenatal/postnatal support, parent & tot playgroups, parent education programs and workshops, child development programs for preschoolers and a home-visiting program for families with older children.

Email: colchester@maggiesplace.ca

Website: <http://www.colchester.maggiesplace.ca>

Maggie's Parenting Journey

1027 Prince Street, Truro. 902.667.7250

Parenting Journey is a home visitation program that provides support for families with children ages 3-16 years experiencing complex social, emotional, and familial challenges that may impact overall family functioning, parent-child relationships, and the well-being and development of children/youth.

Website: <https://novascotia.ca/coms/families/prevention-and-early-intervention/parenting-journey.html>

Truro Birth Collective

The Truro Birth Collective provides childbirth education classes, professional birth and postpartum doula support, infant massage & instruction, bellycasting, placenta services and birth & parenting workshops to growing families in the Truro area.

Website: <https://www.facebook.com/TruroBirth/>

La Leche League

1027 Prince Street, Truro. 902.896.8935

You are always welcome to attend LLLC meetings before and after you have had your baby. Bring your breastfeeding questions and concerns, talk about your joys and challenges or come and just listen. Babies and young children are always welcome, and some Groups include father/partners in some or all of their meetings.

Email: mel.lll@cotterill.ca

Website: <https://www.lllc.ca/lllc-truro>

Central Nova Scotia Breastfeeding Coalition

The Central Nova Scotia Breastfeeding Coalition (formerly known as the Truro & Area Breastfeeding Network) is a group of individuals who support, promote, and protect breastfeeding in our communities. Our goal is to re-build a culture where breastfeeding is normal and parents choosing to breastfeed have the necessary supports readily available to them. We also work with local businesses, organizations and governments to create public spaces supportive of breastfeeding.

Email: llckathie@yahoo.com

Website: <http://www.breastfeedingincentralns.ca/support/>

Sobeys Baby Be Healthy

1.888.944.0442

If you're pregnant or planning a pregnancy, our Baby Be Healthy program is for you!

Here's why:

In Store Participants receive:

- ❖ Free Pharmacist Consultation
- ❖ Nutrition during your pregnancy
- ❖ What to take if you have a headache, cold or other minor ailment
- ❖ Prescription medications that you are currently taking
- ❖ Which herbals are safe to take
- ❖ Any other pharmacy-related questions regarding your pregnancy
- ❖ Prenatal vitamins for the duration of your pregnancy
- ❖ Informative e-newsletters and recommended web links

❖ Ongoing support

Website: <http://sobeypharmacy.com/pharmacy-services/baby-be-healthy/>

Child Safety Link

1465 Brenton Street, Halifax NS, Toll-free 1.866.288.1388

Child Safety Link (CSL) is an injury prevention program at the IWK Health Centre dedicated to reducing the incidence and severity of unintentional injury to children and youth in the Maritimes. CSL is committed to working with community organizations, governments and other partners to ensure children are as safe as necessary at home, on the road and at play. The team does this through capacity building & partnerships; communication and public relations; advocacy and healthy public policy; and research and evaluation.

Email: childsafetylink@iwk.nshealth.ca

Website: <http://childsafetylink.ca>

Reproductive Mental Health-IWK Health Centre

IWK Health Centre, Halifax. 902.470.8098

The Reproductive Mental Health Service (RMHS) is an interdisciplinary team of clinicians who work collaboratively to provide specialized outpatient mental health services to women who are pregnant/postpartum and are currently experiencing moderate to severe psychiatric symptoms with significant impairment related to perinatal issues. Referrals for consultation are accepted from within the Nova Scotia Health Authority and the Atlantic region. Ongoing care will be determined by proximity to the IWK Health Centre or degree of regular attendance for other medical care.

Website: <http://www.iwk.nshealth.ca/mental-health/reproductive-mental-health-rmh-services>

Strongest Families Institute

267 Cobequib Road, Suite 200, Lower Sackville. Toll-free 1.866.470.7111

Strongest Families Institute is a not-for-profit corporation providing evidence-based services to children and families seeking help for mental health and other issues impacting health and well-being. We provide timely care to families by teaching skills through our unique distance coaching approach – supporting families over the phone and Internet in the comfort and privacy of their own home.

Email: incfo@strongestfamilies.com

Website: <http://strongestfamilies.com/contact-us/>

CHILDREN AND YOUTH RESOURCES

Schoolsplus

2021 Brunswick Street, Halifax. 902.424.5186 or toll free: 1.888.825.7770

SchoolsPlus is a collaborative interagency approach supporting the whole child and their family with the school as the center of service delivery.

Website: <https://www.ednet.ns.ca/schoolsplus/>

Slate Youth Centre

883 Prince Street, Truro. 902.893.3991

Hours: Monday-Friday 6:15am-9:30pm

Whether they are participating in group cooking sessions, working on art projects, watching movies, playing video games, or surfing the web, Slate teens are engaged by adult volunteers who encourage them to learn valuable life skills, contribute to the community, and make healthy decisions. Our volunteers are committed to making each teen feel welcome, appreciated, and valued both as an individual and as part of the community.

Our programs and workshops are developed and offered in direct response to the needs we see in Slate teens. Slate's drop-in times and programs are offered free-of-charge and special events (camping, day trips, etc.) are offered at reduced cost so that there is no financial barrier for teens who want to access our services.

Email: info@slateyouth.ca

Website: <http://archwaycounselling.ca/slate/>

Big Brothers, Big Sisters of Colchester

26 Logan Street, Truro. 902.895.4562

For nearly one hundred years, Big Brothers Big Sisters has been making a positive difference in the lives of our nation's youth by developing and implementing a wide range of mentoring programs. One-to-one and group programs, for both in school and outside of school.

Email: info@colchesterkids.ca

Website: <https://colchester.bigbrothersbigsisters.ca>

Boys And Girls Club

40 Douglas Street, Truro. 902.895.5008

All children and youth discover and achieve their dreams and grow up to be healthy, successful and active participants in society.

Email: directorbgctc@gmail.com or amcnea.bgctc@gmail.com

Website: www.bgctruro.ca

Laing House

1225 Barrington Street, Halifax. 902.425.9018

Laing House is a drop-in centre for youth aged 16 – 29 living with a mood disorder, psychosis and/or anxiety disorder. Based on peer support, members can meet friends who have gone through similar experiences and support each other as they find wellness.

Programming includes art, meals, education and employment support, camping, music and more.

Email: info@lainghouse.org

Website: <http://www.lainghouse.org>

Youth Project NS

2281 Brunswick Street, Halifax. 902.429.5429

The Youth Project is a non-profit charitable organization dedicated to providing support and services to youth, 25 and under, around issues of sexual orientation and gender identity. We have a provincial mandate so although we are located in HRM, we travel around the province to meet with youth in other communities. We provide a variety of programs and services including support groups, referrals, supportive counselling, a resource library, educational workshops, social activities. The Youth Project is a youth directed organization. Youth have decision making control over the direction and action of the Project

Email: youthproject@youthproject.ns.ca

Website: <http://youthproject.ns.ca>

MULTICULTURAL SUPPORTS

Mi'kmaw Family Healing Centres

348 Abenaki Road, Millbrook. 902.893.8483 or Toll-Free 1.800.565.4741

Mi'kmaw Family Healing Centres delivers direct child welfare legislative and Family Violence Protection, Treatment and Prevention Services to all (13) Mi'kmaw First Nation Bands of Nova Scotia. MFHC Board of Directors are the (13) Bands and a Representative from the Nova Scotia Native Women's Association. Mi'kmaw Family Healing Centres (MFHC) operate 24 hours a day, seven days a week

Email: walkerbc@gov.ns.ca

Website: <http://thans.ca/get-help/find-a-shelter/millbrook-family-healing-centre/>

Native Social Counselling Agency

129 Truro Heights Road, Truro. 902.895.1738 or Toll-free 1.800.565.4372

To assist off-reserve Aboriginal clients facing social problems and conditions, with confidential support referral services.

Email: socialmanager@ncns.ca

Website: www.ncns.ca

Native Council Parenting Journey

129 Truro Heights Road, Truro. 902.895.1523 or Toll-free 1.800.565.4372

The Parenting Journey was created as a way to work with families at their own pace to promote healthy growth and development of children ages 3-16. This is a voluntary program to enhance the parenting experience. Parenting journey builds on the strengths and knowledge already existing within the family.

Families prepare a "Family Plan" highlighting their goals, using community supports and programming to make these goals achievable.

Basic Shelf, Nobody's Perfect, Incredible Years, and Budgeting on a Budget are just some of the programs that Parenting Journey Offers.

Website: <http://ncns.ca/the-parenting-journey/>

Multicultural Association of Colchester County

79 Roosevelt Ave., Truro. 902.895.9797

The Multicultural Association of Colchester County (MACC) meets every month September through June of every year usually at Cox Institute, Nova Scotia Agricultural College (NSAC), Truro, Nova Scotia. Our meetings consist of a half-hour business meetings to be followed by a speaker or other program, and a social time with refreshments. Usually, at least half of the regular members at meetings were born in this country, other members are recent or not-so-recent immigrants. Often international students at the NSAC attend

Website: www.geocities.ws

Aboriginal Peoples Training And Employment Commission (APTEC)

129 Truro Heights Road, Truro. 902.895.1523 or Toll-free 1.800.565.4372

APTEC is the employment and training division of the Native Council of Nova Scotia established to provide human resource development services to the rural, urban, off-reserve Mi'kmaq / Aboriginal Peoples of Nova Scotia. APTEC offers the target group a range of employment and training services with the goal to obtain and maintain long term sustainable employment. A range of Youth programming is also available which are client centered programs that responds to individual needs; the matching of post secondary graduates with career related work experience and summer work experience initiatives. APTEC also provides programs and assistance to Aboriginal persons with disabilities to obtain and retain employment.

Website: <https://ncns.ca/aboriginal-peoples-training-employment-commission-apterc/>

Millbrook Health Center

902.895.9468 or Toll-free 1.844.895.9468

The Millbrook Health Centre provides a number of programs to meet the needs of the on-reserve community members.

Website: <http://www.millbrookfirstnation.net/listings/entry/millbrook-health-centre>

Sipekne'katik Health Centre

522 Church Street, Sipekne'katik (Indian Brook). 902.758.2063

The Health Department is responsible for the overall health and well-being of all the Sipekne'katik community members. The Health Centre has several programs available that include: Maternal Child Health, Prenatal classes, Canada Prenatal Nutrition Program Parent Programming: Baby and Me, Kindermusik, Make the Connection, Adult Health, Public Health Protection, Free Children's Oral Health Initiative.

Email: letter@sipeknekatik.ca

Website: <http://sipeknekatik.ca/health/>

Native Council Of Nova Scotia

129 Truro Heights Road, Truro. 902.895.1523 or Toll-free 1.800.565.4372

The Native Council of Nova Scotia advocates with all levels of government, the private and corporate sector, and Canadians at large. Together we can end the demeaning stereotype about our Community, eliminate disadvantage, stop discrimination, end prejudice and exclusion and begin reconciliation and inclusion of the Aboriginal Peoples of Canada in the promise that is Canada. Our collective voice is putting an end to vulnerability, silence and exclusion.

Website: <https://ncns.ca>

Mi'kmaw Legal Support Network

803 Willow Street, Truro. 902.895.1141

The Purpose of MLSN: Is to develop and maintain a sustainable justice support system for all Mi'kmaw and Aboriginal people in the Nova Scotia justice system. The Goal of MLSN: Is to develop and maintain a new relationship between the Criminal Justice System and the Mi'kmaq and Aboriginal people of Nova Scotia.

- ❖ Victim Support Services
- ❖ Building a Bridge
- ❖ Mi'kmaq Venture Program
- ❖ Justice Committees
- ❖ Court Worker Program
- ❖ Customary Law Program
- ❖ Mi'kmaw Inclusion in Regulatory Offences
- ❖ Mi'kmaw Interpreters Program

- ❖ Gladue Reports
- ❖ Cultural Gatherings

Native Alcohol and Drug Abuse Counselling Association of Nova Scotia (NADACA)

70 Gabriel Street, Eskasoni. 902.379.2262 or Toll-free 1.866.588.5954

NADACA programming is designed to deal with all aspects of substance abuse, i.e. alcohol abuse, illicit drug abuse, prescription drug abuse and solvent abuse. Our mandate is to provide accredited certified indigenous addictions prevention, education, outreach, community and in-patient wellness programming to the First Nation population.

Our treatment philosophy is a unique strength based therapeutic wellness program, centered in traditional aboriginal values. Beliefs, tradition, culture, language and spirituality are recognized and respected. Our model builds on and affirms our power and strength to overcome addictions; as well as providing tools to reclaim self-worth, pride and wellness.

Website: <http://www.nadaca.ca>

Immigrant Services Association Of Nova Scotia

35 Commercial Street, Suite 208, Truro. 902.305.2759

We are a not for profit organization with a single office in Truro. We have been located in Truro for one year and are looking to expand in Truro and surrounding areas.

Email: cbmacdonald@isans.ca

Website: <http://www.isisns.ca/rural-settlement-program/>

YREACH

754 Prince Street, Truro. 902.899.4573

YREACH has a mandate to provide community based, in person settlement and integration services. Newcomers will be more likely to stay in a location if they are successful economically and are meaningfully engaged in all aspects of community.

Email: esther_bejarano@ymca.ca

Website: <https://novascotia.cioc.ca/record/TOT0467>

DISABILITIES SUPPORTS

Income Assistance

60 Lorne Street, Truro. 902.893.5950

Provides financial and emergency assistance and supports to people in need to help with: Basic needs like food, rent, clothing, and utilities; special needs such as transportation, child care and prescription drug coverage, emergency dental care, and eye glasses

Website: http://www.novascotia.ca/coms/employment/income_assistance/index.html

Department Of Community Services

60 Lorne Street, Truro. 902.424.1600 or 902.893.5950

Serves children, youth, and adults with a variety of disabilities. Helps with general inquiries and Child Welfare Services

Disability Support Program - Community-Based Homes

60 Lorne Street, Truro. 902.893.5950

Hours: Monday-Friday 8:30am-4:30pm

Community-based homes are residences that offer programs designed to meet the support needs of people with disabilities. The intention of the programs is to enhance each resident's potential to live, work, and socialize in the least restrictive, most integrative circumstances available in the community.

To be eligible, participants must:

- * Be 19 years of age or over, a resident of Nova Scotia, and lawfully entitled to be or to remain in Canada
- * Agree to sign a consent form
- * Undergo a functional assessment of their support level requirements
- * Provide a physician report or medical assessment
- * Undergo a financial assessment and sign a financial consent form. Financial eligibility is based on an assessment of the individual's income and any applicable assets, some exceptions may apply

- * Have a valid Nova Scotia Health Card
 - * Be diagnosed with, or have one or more of the following primary disabilities: intellectual disability, long-term mental illness, or physical disability. The following disability categories could also be included in the one of the above categories: dual diagnosis or acquired brain injury
- Website: <http://www.novascotia.ca/coms/disabilities/index.html>

Disability Support Program - Independent Living Support

60 Lorne Street, Truro. 902.893.5950

Hours: Monday-Friday 8:30am-4:30pm

Provides up to 21 hours a week of supports and services to persons with disabilities who are semi-independent and require minimum support in their own apartment or home.

The program covers the cost of an approved service provider to come into an individual's apartment or home to provide up to 21 hours of support per week (overnight support is not included).

To be eligible, participants must:

- * Be 19 years of age or over, a resident of Nova Scotia, and lawfully entitled to be or to remain in Canada;
 - * Agree to sign a consent form
 - * Undergo a functional assessment of their support level requirements
 - * Provide a physician report or medical assessment
 - * Undergo a financial assessment and sign a financial consent form. Financial eligibility is based on an assessment of the individual's income and any applicable assets, some exceptions may apply
 - * Have a valid Nova Scotia Health Card
 - * Be diagnosed with, or have one or more of the following primary disabilities: intellectual disability, long-term mental illness, or a physical disability. The following disability categories could also be included in the one of the above categories: dual diagnosis or acquired brain injury.
- Website: <http://www.novascotia.ca/coms/disabilities/IndependentLiving.html>

Disability Support Program - Licensed Homes for Special Care

60 Lorne Street, Truro. 902.893.5950

Hours: Monday-Friday 8:30am-4:30pm

Provides residential support options for individuals with disabilities that support people at various stages of their development and independence. Options are licensed and include residential care facilities, adult residential centres, and regional rehabilitation centres.

To be eligible, participants must:

- * Be 19 years of age or over, a resident of Nova Scotia, and lawfully entitled to be or to remain in Canada
 - * Agree to sign a consent form
 - * Undergo a functional assessment of their support level requirements
 - * Provide a physician report or medical assessment
 - * Undergo a financial assessment and sign a financial consent form. Financial eligibility is based on an assessment of the individual's income and any applicable assets, some exceptions may apply
 - * Have a valid Nova Scotia Health Card
 - * Be diagnosed with, or have one or more of the following primary disabilities: intellectual disability, long-term mental illness or physical disability. The following disability categories could also be included in the one of the above categories: dual diagnosis or acquired brain injury
- Website: <http://www.novascotia.ca/coms/disabilities/HomesForSpecialCare.html>

Colchester Community Workshops

168 Arthur Street, Truro. 902.893.9111

The workshop currently offers nine programs as well as an off-site business. In house programs operate with one instructor and 8 – 10 adults with learning differences, and have two primary areas of focus, client needs and program revenues. Programs include tasks such as: manufacturing buttons, recycling remotes and donated items, recycling fabric for use as rags, café, and a community employment program to help clients design a resume and search for local employment opportunities.

Special Olympics Cobequid Region

Richard Haines, Regional Coordinator: 902.986.0959, Margie Andrews, Sports Coordinator: 902.895.8956

Special Olympics is a 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.

Email: richardhaines@eastlink.ca

Website: <http://speolycobequid.com/index.php>

ADDICTIONS SUPPORTS

Crisis Response Service

902.896.2606 or toll free 1.800.460.2110, ex. 42606

Hours: Monday-Thursday: 9am-6pm, Friday: 9am-4:30

Provides assistance to children, youth, and adults who are experiencing a crisis due to a mental health disorder, harmful substance use or gambling problem. Mental health and addictions clinicians will assist clients on the phone or in-person to provide support, assessment and assistance in developing a plan for intervention. Follow up may include brief monitoring/support, hospitalization, referral to appropriate community organizations or support networks, and collaboration with psychiatrists and other health professionals. Prevention of ongoing or future crisis is a goal of this service.

Take home Naloxone Kit Program

There are a number of locations in Truro and area, go to your local pharmacy to see if they have them, or they can direct you to one who does.

Naloxone kits are available free of charge to anyone at risk of opioid overdose. Family, friends those who may witness an overdose can also get a kit. Individuals must complete basic opioid overdose/naloxone administration training before you can get your naloxone kit. The training session is about 20 minutes long.

A fully assembled Naloxone Kit includes:

- ❖ 2 ampoules of Naloxone 0.4mg/ML (Sandoz)
- ❖ 2 VanishPoint Syringes
- ❖ 2 Ampoule Breakers
- ❖ 1 Pocket Breathing Mask
- ❖ 2 Non-latex Gloves
- ❖ 2 Alcohol Swabs
- ❖ Pill Bottle
- ❖ 1 step-by-step THN instruction pamphlet

- ❖ 1 training card

Bridges Institute

670 Prince Street, Unit 2 ,Truro. 902.897.6665

Offers individual, group, couple and family counselling to help people move away from abuse and toward respectful relationships. Offers services and counseling to those who use abuse and violence in their family and romantic relationships, as well as those receiving the abuse.

Email: bridges@bridgesinstitute.org

Website: bridgesinstitute.org

CEHHA Mental Health And Addictions Services

600 Abenaki Road, Truro. 902.893.5526 1.800.460.2110 ext 5526

Offers one-on-one and group services

Addictions Services

600 Abenaki Road, Truro. 1.844.855.6688

Hours: Monday-Friday 8:30am- 4:30pm

Addiction Services helps to improve the lives of Nova Scotians who are harmfully involved with alcohol, gambling, tobacco, or other drugs. A range of services are provided to Nova Scotians through Addiction Services offices in District Health Authorities and the IWK. It's free of charge to all Nova Scotians.

Opioid Treatment And Recovery Program

733 Prince Street, Suite C, Truro. 902.893.4776

Provides opioid maintenance therapy (i.e., methadone and buprenorphine/naloxone) and programming to clients and their families affected by opioid addiction. From a harm reduction perspective, the aim of the program is to support clients on their personal recovery journey and enhance their overall wellbeing. The program offers assessment, treatment planning, relapse prevention, and supportive counselling which is provided by an interdisciplinary team.

Website: <http://www.cha.nshealth.ca/addiction/OpiateTreatmentProgram.asp>

Northern Healthy Connections Society

33 Pleasant Street, Truro. 1.902.895.0931 Outreach: 1.902.956.3965

Northern Healthy Connections Society (NHCS) is a local community-based organization offering a fixed Needle Distribution and Disposal site out of Truro, Nova Scotia. NHCS operates under, and supports, a harm reduction philosophy which simply means reducing harms for people dealing with addictions or engaging in high-risk activities. NHCS is a non-discriminatory and non-judgmental environment.

Email : admin@nhcsociety.ca

Website: nhcsociety.ca/

Overeaters Anonymous

Truro Alliance Church, 29 Phillips St., Truro. 902.895.5739

Hours: Mondays 7:30pm- 8:30pm

Provides support to individuals who experience compulsive eating. People who experience compulsive eating or any type of eating disorders. Closed meetings held each Monday, Open meeting held on the first Monday of each month

Website: oa.org

National Eating Disorders Helpline

1.866.633.4220

Hours: Monday - Friday 9am- 9pm

Canada's only National Toll-Free Helpline providing information on treatment options and/or support to Canadians who are directly or indirectly affected by eating disorders and related concerns

Website: nedic@uhn.ca

The Problem Gambling Helpline

1.888.347.3331

Confidential, dedicated, toll-free, telephone service available to all Nova Scotians whether they are the person concerned about problem gambling or someone they know.

Gamblers Anonymous

1.888.347.8888

Gamblers Anonymous is a support group open to gamblers. The last meeting of each month is open to family and friends of the client

Smoking Cessation Program

600 Abenaki Road, Truro. 1.844.855.6688

Hours: Monday-Friday 8:30am- 4:30pm

The Smoking Cessation Program offers group counselling for individuals interested in quitting or cutting back on their use of tobacco. During group sessions, participants are given opportunities to share concerns, successes, ask questions and support each other. Nicotine replacement products may also be available as part of the support in reducing tobacco use.

Al-Anon

Answering Service: 902.897.8604 Toll-Free: 1.888.425.2666

Provides encouragement and opportunities to share experiences. Helps members to understand alcoholism and learn effective coping strategies. Meetings are anonymous and confidential.

Website: <http://www.freewebs.com/alanonmaritimes/district6.htm>

MADD

1.800.665.6233 ext. 222

Provides individual and telephone support, advocacy, and education for victims/survivors/families of impaired driving crashes. Programs are offered for victims' services, public awareness, legal research, chapter services and youth services

Email: info@madd.ca

Narcotics Anonymous

902.789.8323 Smokers Helpline: 1.877.513.5333

For meeting times and locations in Nova Scotia and PEI Call 1.800.205.8402

Email: centralnovaarea@gmail.com

Website: centralnovaarea.ca

Overcomers Group

Wesleyan Church, 38 Pleasant St, Truro. 902.895.5433

Meetings are held every Tuesday evening from 7pm-8:30pm

This is a 12 step bible based addictions program and a support group helping believers in their walk of faith make “ A Daily Choice “ towards healing and recovery for destructive addiction patterns.

Talbot House

1777 Frenchvale Road, Frenchvale. 902.794.2852

Talbot House has been guiding the addiction recovery and rehabilitation of men from across Nova Scotia and throughout Atlantic Canada. Talbot House is a vibrant caring, innovative and healing community created by individuals participating in long-term recovery from addictions through self-discovery and growth in a life-giving environment of faith, hope and courage.

Truro Drug Rehab Center Help

1.888.488.8434

If you are looking for a private Truro drug rehab center call and speak with our referral counselor. This person is there to assist you in locating the best suited private rehab to fit your needs and situation

Inpatient Withdrawal Management Units

All Saints Springhill Hospital, 3rd floor, 10 Princess St., Springhill 199 Elliot St. Pictou.

1.844.855.6688

Inpatient Withdrawal Management Units support individuals requiring medical management of withdrawal. Admission to these units are part of an overall treatment plan. To access this service, call central Intake, or request a referral to our services from your doctor, other health care professionals or community agency familiar with your concerns.

ABUSE/EMERGENCY/VIOLENCE

Adult Outpatient Clinical Services

Colchester East Hants Health Centre, 600 Abenaki Road, Truro. 1.844.855.6688

Administrative Switchboard: 902.893.5554

Patient Switchboard: 902.893.5554

Toll-Free: 1.800.460.2110

Hours: Monday-Friday 8:30am-4:30pm

Offers assistance to people experiencing mental health and addiction issues through:

- ❖ Groups and classes
- ❖ Individual therapy
- ❖ Occupational therapy
- ❖ Psychiatric services
- ❖ Community outreach
- ❖ Offers individual counselling for individuals who have been negatively affected by someone else's use of alcohol, other drugs and/or gambling.

Colchester Sexual Assault Centre

35 Commercial St suite 403, Truro. 902.897.4366

Hours: Monday-Friday: 9:30am-4:30pm

Offers individual trauma counselling, support, and information to survivors of sexual assault and abuse. Also offers support for families/friends of survivors. The Colchester Sexual Assault Centre (CSAC) is a non-profit, community-based organization dedicated to strengthening, empowering, and supporting survivors of sexualized violence (sexual assault, sexual abuse, and sexual trauma) in a gender-equitable, compassionate environment.

The ultimate goal of the CSAC is the prevention of sexualized violence. The CSAC provides numerous services and programs, including one-on-one confidential, gender-sensitive counselling, emotional support to victims, survivors and their family and friends, group counselling, presentations, and community events. Educational workshops and presentations for

youth, adults and community groups on a wide range of topics including sexual assault, sexual abuse, healthy and unhealthy relationships, sexuality, sexual diversity, consent, self-care and personal wellness.

Email: info@colchestersac.ca

Forensic Sexual Behavior Program

E.C. Purdy Building, The Nova Scotia Hospital. 902.464.4129

The Forensic Sexual Behaviour Program provides assessment and treatment (when appropriate) for adults whose sexual behaviour has crossed legal boundaries. The program is run primarily with psychologists, who conduct risk assessments, consultations, and/or treatment.

Additional services offered by the program may include:

- ❖ Safety and Family Education (SAFE) program for family, partners or support people
- ❖ Maintenance Group (after successful completion of treatment)
- ❖ Prevention Activities (primarily educational)
- ❖ Education and Workshops for community agencies

There are also treatment services offered in Sydney, Kentville, and Truro. However, you should contact the Dartmouth location for information about what is offered at each site and how to access these services. Assessments are conducted only at the Dartmouth site and are required before treatment can begin.

Department Of Justice, Victim Services

MacLean St, 2nd Floor, New Glasgow. 1.800.565.7912

Victim services offers a range of services to help victims of all crimes.

Victim services are specifically designed to assist Victims in various ways through the justice system. They will assist you in understanding the justice system and how to get information about your court case. They will help you complete a victim impact statement and applying for criminal injuries compensation. They also offer court orientation sessions for anyone who is required to give evidence in court.

Website: vaonline.org

Mental Health Mobile Crisis Team

1.888.429.8167

This provincial service provides crisis intervention for children, youth and adults experiencing a mental health crisis or mental distress.

Parent Help Line

1.888.603.9100

Provides a province-wide parental support service.

Youth Help Line

1.800.420.8336

Hours: daily 6-10pm

Available to young people anywhere in NS. Peer counseling

Anti-Bullying Help Line

902.490.7283 Text: 902.233.7283

Hours: 8am-8pm

Calls, texts, and emails are answered each day

Kids Help Phone

1.800.668.6868

Kids Help Phone is Canada's only national 24-hour, bilingual and anonymous phone counselling, web counselling and referral service for children and youth.

Our service is completely anonymous and confidential - we don't trace calls, we don't have call display. You don't even have to tell us your name if you don't want to.

Whether by phone, mobile app or through our websites, you can connect with us whenever you want, however you want.

The Always There app has been revamped to focus on one thing — making sure you have a positive chat experience. Connecting with a counsellor is easier than ever. And you'll stay connected even if you need to answer a call or do something else on your device.

Resources Around Me allows you to search for resources in your community like Counselling and Mental Health Support, Sexual Health Support, Housing Support, Legal Support, Job Help, and more

Seniors Abuse Line

1.877.833.3377 toll-free in Nova Scotia, 902.424.3163 out of province

Call for information about senior abuse or to talk about a situation of abuse. Your call will be kept confidential. Leave a message if a person does not answer the phone. This is not a crisis line. The Department of Seniors cannot investigate, but it can tell you about resources in your community.

Child Abuse Line

1.888.919.4236 (If the child is located in Colchester, Cumberland, Antigonish, Pictou or Guysborough County) 902.893.5950 (Indian Brook)

Hours: Monday-Friday 8:30am-4:30pm

After regular business hours call 1-866-922-2434 if you believe a child is in immediate danger. Child protection services are about protecting children under 19 from abuse and/or neglect while making every effort to keep families together.

Everyone has the duty to immediately report to a child welfare agency even a suspicion that a child under 19 may be in need of protective services. Reports may be made anonymously. Once a report is made, child protection social workers assess the information provided to determine an appropriate response.

Website: <https://novascotia.ca/coms/families/abuse/index.html>

Adult Protection

1.800.225.7225 toll-free in Nova Scotia, 902.487.0640 out of province

Call if you know of a senior who is being abused or neglected and needs protection. Leave a message.

The Department of Health and Wellness will investigate if either of these laws apply:

Adult Protection Act—for adults who cannot physically or mentally protect or care for themselves

Protection for Persons in Care Act—if the abuse happens in a licensed health facility, such as a nursing home, residential care facility, or hospital

Crime Stoppers

Submit a tip: <https://www.p3tips.com/tipform.aspx?ID=2021.800.222.8477>

If you know someone being trafficked or are being trafficked yourself call the number provided.

In Nova Scotia we have solved serious crimes such as murder, aggravated sexual assault, fraud, arson, illegal smuggling, illegal tobacco and drug dealing. You name it and our anonymous tipsters have solved it. Our Crime Stoppers program has proven it's worth many times over to our police and other enforcement agencies.

Website: <https://crimestoppers.ns.ca/about/>

EMERGENCY HOUSING

Regional Housing Authorities

902.893.7235 or 1.877.846.0440

Provides information about subsidized housing in your area.

Truro Homeless Outreach Society

862 Prince St., Truro. 902.843.2538

Providing shelter and meals for homeless adults in the area. Outreach worker helps to advocate for those who need help accessing income assistance and finding permanent housing.

Email: contact.thos@trurohomeless.ca

Third Place Transition House

Toll-Free: 1.800.565.4878

24-Hour Crisis Line: 902.893.3232

Women's Outreach: 902.895.9740

General Inquiries: 902.893.4844

The Third Place Transition House offers 24 hour crisis services 365 days of the year, and safe shelter for women and children fleeing abuse and violence. We serve the Truro, Colchester and East Hants counties. Our services are confidential and there is no fee for any of our services.

Website: thirdplaceth.ca

Lavers House

460 Queen St, Truro. 902.893.7226

Lavers House has 12 beds with 3 double rooms located on the main floor, 2 singles and 1 triple located on the second story. Extensive renovations have been completed over the years, providing residents with a supportive group home type of setting.

Residents are provided with full use of a gym membership at an Athletic Centre at local College. Lavers House is a non smoking facility, however a covered deck is provided for residents use.

All cases reviewed by a Community Based Admissions Committee and assessed based on risk to the community; motivation to change; commitment to program compliance; risk level for recidivism.

Email: dismassociety@eastlink.ca

Welkaqnik Next Step Shelter

PO Box 1738, Truro. 902.895.1738 Toll Free: 1.800.565.4372

A next step shelter that offers safe affordable housing for a period of up to one year, for any Mi'kmaq or Aboriginal individuals and families that are victims of family violence.

Email: caringconnection@tru.eastlink.ca

Native Council Of NS- Rural Aboriginal Homelessness Program

902.895.1523 ext 231 Toll free: 1.800.565.4372

Assists rural Off-Reserve Aboriginal Peoples who are homeless or at risk for becoming homeless to locate and sustain safe, affordable housing. Offers: housing placement, housing loss prevention, client support services.

Email: ncnshps@eastlink.ca

Phoenix Shelter

6035 Coburg Rd., Halifax. 902.422.5583, 902.420.0676 or Toll Free: 1.866.620.0676

Hours: Monday, Wednesday, & Thursday 9:30am – 1pm, & 2pm – 5pm, Tuesday & Friday 2pm – 5pm

Phoenix is dedicated to helping youth ages 16-24 find safe, long-term housing.

The majority of Housing Support at Phoenix is provided through the Phoenix Supportive Housing Program and the Phoenix Centre for Youth (PCFY). It's important to know that these programs support each other, but are independent. For example, youth can be in the Homes for Independence Program without having lived at Phoenix House.

- ❖ Youth can apply to live at Phoenix House where we help them find longer-term/permanent housing. Youth at Phoenix House learn life skills, in-house support and participate in school, volunteerism or work as they build toward independent living.
- ❖ The three Phoenix Homes for Independence are each staffed with a Phoenix employee who lives as a roommate and offers in-house support to youth as they learn life skills and participate in programming.

- ❖ Located at PCFY, the Housing Support Worker works directly with youth, currently living in the shelter and those potentially at risk of entering the shelter system, to help them secure and maintain housing.

Phoenix listens and connects youth and families with the services they need, either at Phoenix or in the larger community.

Email: pcf@phoenixyouth.ca supportivehousing@phoenixyouth.ca

TREY

902.305.4080

Faith based, non government organization that provides a safe restorative family environment. Serving youth ages 16 and up. TREY services are based upon an integrated foundation of professional competence designed to meet the spiritual, emotional, physical and psychological needs of those recovering from trauma. TREY addresses recovery from sexploitation through a faith based perspective.

Mind, Body, Spirit:

- ❖ recreation, exercise, yoga
- ❖ hiking, biking, kayaking
- ❖ music, writing, art
- ❖ animals, horses, dogs
- ❖ culinary skills, healthy eating
- ❖ cleaning, beautification – inside and out

Spiritual Direction

- ❖ Discovering hope
- ❖ Understanding truth
- ❖ Letting go of shame and guilt
- ❖ Feeling the anger and hurt
- ❖ Overcoming loneliness and fear
- ❖ Learning to trust
- ❖ Processing forgiveness

- ❖ Hope and freedom
- ❖ Understanding healthy relationship.

Life Skills

- ❖ being safe physically and emotionally
- ❖ medical needs, addictions, STD's
- ❖ anxiety, depression, PTS
- ❖ healthy vs. unhealthy relationships
- ❖ relationship boundaries
- ❖ healthy eating and sleeping habits
- ❖ setting goals and making decisions
- ❖ Build life skills, budgeting, culinary skills
- ❖ improving employment skills
- ❖ finish high school, learn a trade
- ❖ seek higher education
- ❖ learn what it means to be FREE!!!

Email: treyns2015@gmail.com

LEGAL AID

Dalhousie Legal Aid

6061 University Avenue, Halifax. 902.494.3495

Dalhousie Legal Aid Service is a community-based office in the north-central neighbourhood of Halifax, Nova Scotia. It also is a clinical program for law students and is operated by the Schulich School of Law at Dalhousie University. In addition, Dalhousie Legal Aid Service does community outreach, education, organizing, lobbying and test case litigation to combat injustices affecting persons with low incomes in Nova Scotia. Community groups and community based agencies with mandates to fight poverty and injustice may apply for legal advice, assistance, and community development and education services. The Service offers advocacy workshops and legal information sessions, and works with other groups to lobby the government on social assistance policy and other policies negatively affecting persons with low incomes.

Email: lawinfo@dal.ca

Website: <https://www.dal.ca/faculty/law/dlas.html>

Correctional Services Community Offices

14 Court Street, Suite 206, Truro. 902.893.5995

Supervision of both adult and young offenders serving community-based sentences of the Court are provided by probation officers. The sentences include probation, conditional sentence, custody and supervision, conditional supervision, and Intensive Rehabilitative Custody and Supervision. Probation Officers also supervise offenders released from custody on Conditional Releases and prepare pre-sentence investigations to assist the Courts in the sentencing process.

Website: https://novascotia.ca/just/Corrections/community_offices.asp

The John Howard Society Restorative Justice

1019 Prince St., Unit A, Truro. 902.843.4969

The John Howard Society of Nova Scotia is a provincial organization comprising and governed by people whose goal is to understand and respond to problems of crime and the criminal justice system. Effective, just and humane responses to the causes and consequences of crime.

Methods:

- ❖ works with people who have come into conflict with the law.
- ❖ reviews, evaluates, and advocates for changes in the criminal justice process.
- ❖ engages in public education on matters relating to criminal law and its application, and promotes crime prevention through community activities.

Engages in the following:

- ❖ Advocacy
- ❖ Research
- ❖ Communication
- ❖ Coalition building
- ❖ Community education
- ❖ Resource development initiatives
- ❖ Direct services provision

Email: jhrj@ns.johnhoward.ca

Nova Scotia Legal Aid

102-523 Prince Street, Truro. 902.893.5920 Toll Free: 1.877.777.5920

At Nova Scotia Legal Aid, we are here to help Nova Scotians facing criminal, family or social justice issues. Social Justice law provides help with income security and housing issues. So, for example if you have an issue with your landlord, or with income assistance, CPP, or EI we can help.

If you have a legal problem, we can provide:

- ❖ Legal information
- ❖ Summary Legal advice (a one time consultation)
- ❖ Representation by a lawyer (a lawyer for the case)

Website: <https://www.nslegalaid.ca/>

Truro Police

776 Prince Street, Truro. 902.895.5351

We will form strong partnerships to address public safety. We will respond to the changing needs of our community in a dedicated and professional manner.

Email: police@truro.ns

website: www.facebook.com/Truro-Police-Service-283157115041734

RCMP Bible Hill

283 Pictou Rd, Truro. 902.893.6820

Hours: Monday to Friday 8am-5pm. Fingerprints: Wednesday 9am-1pm

Services:

- ❖ Criminal records check
- ❖ Police certificate
- ❖ Fingerprints
- ❖ Vulnerable sector check
- ❖ Report a crime
- ❖ General information
- ❖ Non emergency complaints
- ❖ Outside detachment emergency phone

RCMP Stewiacke

93 Riverside Ave, Stewiacke. 902.639.2366

Hours: Monday to Thursday 9am-2pm

Services available:

- ❖ Criminal records check
- ❖ Police certificate
- ❖ Vulnerable sector check
- ❖ Report a crime
- ❖ Non emergency complaints
- ❖ Outside detachment emergency phone

RCMP Millbrook

845 Willow St, Truro. 902.893.6819

Hours: Monday to Friday 8am-4pm. Fingerprints: By appointment only

Services available

- ❖ Criminal records check
- ❖ Police certificate
- ❖ Fingerprints
- ❖ Vulnerable sector check
- ❖ Report a crime
- ❖ General information
- ❖ Non emergency complaints
- ❖ Outside detachment emergency phone

SPIRITUAL RESOURCES AND CHURCHES

Tatamagouche Centre

259 Loop Route 6, RR3, Tatamagouche. 902.657.2231 Toll-Free: 1.800.218.2220

Hours: Monday-Friday 9am-4pm

Offers a number of programs for members of United Church, ecumenical and inter-faith communities to deepen faith and spiritual lives, to gain new skills and to work for a world of peace and justice for all. Programs for all ages and interests that invite participants to connect with the power of creativity and art to bring about personal and social transformation

- ❖ Returning to Spirit Residential School Reconciliation Inc for Aboriginal People- Provides help and support for people to come to terms with their residential school experience and make a positive move forward in their lives. Final workshop consists of bringing non-Aboriginal and Aboriginal groups together for healing.
- ❖ Returning to Spirit Residential School Reconciliation Inc for Church and Non-Aboriginal People- Provides help and support for non-Native people to come to terms with residential schools and make a positive move forward in their lives. Final workshop consists of bringing non-Aboriginal and Aboriginal groups together for healing.
- ❖ Social Justice Youth Camp- Multicultural camp facilitated by a team of young adults which practices strategies against racism, uses art against injustice, discusses gender relations and cultural contexts, and builds alliances
- ❖ Leadership and Community Development Programs- Offers a number of programs that provide in-depth leadership training that will challenge participants, build confidence and provide participants with the skills to help a community reach its full potential.
- ❖ Social Justice Programs- Training and leadership programs in a wide-range of themes and categories with the intent of providing people with the knowledge, awareness, tools and skills to bring about social change in their lives and their communities

Email: info@tatacentre.ca

Website: tatacentre.ca

Kane's Kitchen

Immaculate Conception Church, Truro.

Hours: Wednesdays at noon.

Serves a meal each week to those in need. Meals served in July and August months are light meals versus hot dinners with deserts, etc. served during the remainder of the year. Clothing and other items are distributed when available. The Meal Program is prepared & distributed in Campbell Hall.

Email: mantinkt@eastlink.ca

Stone Soup and Community Dinner, St John's Anglican Church

23 Church Street, Truro. 902.897.0566

Hours: Services every Sunday 8am, and 10am. Wednesdays at noon

Stone soup- Offers a hot lunch and an opportunity to get together with members of the community. Lunch is offered the 4th Monday of the month 11am-1pm

Community dinner- Offers a community dinner once a month. Serves a holiday meal (a full turkey dinner and trimmings) during December. The meal is served on the fourth Saturday of the month, 3pm-5pm * Closed July and August

Website: stjohnstruro.ca

Community Supper, The Peoples Church

15 Elm Street, Truro. 902.893.9312

Offers a community supper on the first Sunday of each month at 4:30pm

Email: peoplestruro@gmail.com

Website: peopleschurchtruro.com

Community Dinner, St James Presbyterian Church

725 Prince Street, Truro. 902.893.9587

Hours: Monday- Friday 9am-12pm

Community dinner is held on the third Thursday of every month at 5pm * Usually does not run during July and August

Email: stjameschurch@eastlink.ca

Website: <http://www.pccweb.ca/stjames-truro>

First Baptist Church Truro

759 Prince Street, Truro. 902.893.4241

Hours: Tuesday-Friday 9am-12pm

- ❖ Soup Lunch Serves hot soup, biscuit, juice, tea, and sweets once a month. Meal is held on the first Sunday of each month (Oct-June) at 12 noon.
- ❖ Monthly Supper- Supper is held one Monday of each month 5pm-6:30pm * Call church or the United Way to confirm date
- ❖ Pancake Breakfast- held on the third Sunday of the month at 8:30am

Website: <http://www.fbct242.wordpress.com>

Pathways to Freedom Ministries

902.441.5019 After Hours: 902.441.5019

Coverage Area: Halifax Regional Municipality, Springhill, Truro, and Dorchester

- ❖ Mentoring Program- Mentoring services include: Facilitation of one-on-one friendships between an outside volunteer and an inmate; Chaplain visits for correctional institutions. Request for mentor must come from the inmate or ex-inmate
- ❖ Community Chaplaincy- Chaplains visit inmates at the Central Nova Scotia Correctional Facility, offering encouragement, prayer, and support. After release, the chaplain will stay in touch and assist with re-integrating into society, finding accommodations, a home church, employment, and offering a friendly ear.

Email: pathwaysmin@gmail.com

Website: <http://www.pathwaystofreedom.ca>

Mindfulness Centre, NSCC

Forrester Hall, Rm 110, NSCC Truro Campus

Hours: Monday - Friday 7am-9pm, Saturday - Sunday 8am-6pm

Open to the community to use the relaxing space, mats available for yoga and meditation. Hosts various programs and events such as: yoga, meditation, sleep workshops and more. Check

Facebook page for upcoming schedules and to use the centre for your organization's small program or workshop.

Website: <https://www.facebook.com/pg/mindfulnesscentreNSCCTruro/>

RECREATIONAL ACTIVITIES AND CENTRES

Victoria Park Truro

29 Park Road, Truro. 902.893.6078

Victoria Park is one of Truro's greatest assets - a natural woodland park of roughly 3,000 acres in the centre of town.

Highlights:

- ❖ Kinsmen Playground
- ❖ Canteen: Located in the playground and washroom facility in the Lower Park, the canteen is open from 11 am to 5 pm daily during the summer months, weather permitting.
- ❖ Water Spray Park: located in the playground, the spray park was a joint project between the Truro Kinsmen Club and the Truro Parks, Recreation and Culture Department
- ❖ Victoria Park Pool: located adjacent to the playground, the pool includes a toddler's pool, water spray features, double water slide, lane swimming and diving board.
- ❖ Tennis Courts: Managed by Truro Tennis Club
- ❖ Baseball field: Located at the entrance to Victoria Park and used primarily for minor baseball
- ❖ Accessibility: Anyone with special physical needs who may require the use of a hippocampe to access the park, is asked to contact the Truro Parks, Recreation and Culture Department office at 902-893-6078 to check availability.

Annual Events hosted in Victoria Park by Truro Parks, Recreation & Culture Department:

- ❖ Easter Egg Hunt
- ❖ Victoria Park Challenge
- ❖ Parks Day Celebration
- ❖ Sunday in the Park Summer Concert Series
- ❖ Mid-Summer Outdoor Movie Nights

Email: recdept@truro.ca

Website: www.truro.ca

TAAC Grounds

57 Golf Street, Truro. 902.893.6078

The Truro Amateur Athletic Club Grounds, also known as the TAAC Grounds, are centrally located in Truro and include a quarter-mile, five-lane running and walking track; field event facilities; football field, senior baseball field and playground.

Email: recdept@truro.ca

Website: www.truro.ca

Tim Hortons Skate Park

Off Young Street, between Brunswick Street and the Esplanade 902.893.6078

The Truro Tim Hortons Skate Park is a popular destination for skateboarders of all ages in the Truro area. The 13,272ft² park is located on a property off Young Street, between Brunswick Street and the Esplanade, and is open daily from dawn until dusk. Helmets are required and other protective gear is encouraged.

Email: recdept@truro.ca

Website: www.truro.ca

Truro's Riverfront Park

Along the Salmon River beside the bridge linking Truro and Bible Hill. 902.893.6078

Truro Riverfront Park - situated along the Salmon River beside the bridge linking Truro and Bible Hill is - is an attractive and welcoming park which serves as a gateway into Truro's downtown. This picturesque park boasts a gazebo, lighting, picnic tables and gardens. It is a popular spot for public and family gatherings, outdoor concerts, weddings, photography and much more.

Email: recdept@truro.ca

East Hants Municipal Pool

2359 Highway #2, Milford. 902.758.3467

The Municipality operates a 6-lane, 25 metre swimming pool. Our facility offers all levels of swim and leadership classes, recreational and family swims, aquatic fitness and lane swims, as

well as parent classes and group rentals. Our diving board, tarzan rope and slides are available during open swims and rental times. Offers open swims, toonie swims, and pool rentals.

Email: recreation@eastlink.ca

Website: www.easthants.ca

Studio Fit Truro

36 Inglis Place, Truro. 902.843.5110

Welcome to StudioFit, a new Fitness Studio in downtown Truro, offering personal training, fitness classes and specialty training geared for all fitness levels. We pride ourselves on fun, effective workouts that leave you sweating, feeling good about your workout and glad you came in! Fitness should be about empowerment. View our current schedules on our website

Email: info@studiofitltd.ca

Website: www.studiofitltd.ca

Good Life Fitness Centre

13 Queen Street, Truro. 902.843.8348

Open 24 hours

With 350+ locations, working out at GoodLife Fitness gives you access to everything you need to reach your fitness goals, from free Fitness Classes to certified Personal Trainers. Workout at Canada's leading gym — you'll wonder why you didn't start sooner. GoodLife offers the largest range of Fitness Classes in the country, and we're Canada's only source of the world-renowned Les Mills Fitness Programs. Can't make it to a scheduled class, or want to try out a Fitness Class by yourself first? No problem — many of our locations offer Virtual Fitness Classes! Offers a section for women-only to help feel more comfortable when using the equipment.

- ❖ Dry Sauna
- ❖ Changerooms
- ❖ 24/7
- ❖ Free Parking
- ❖ 20 Minute Fit-Fix
- ❖ Cardio Equipment
- ❖ Virtual On-Demand Classes

- ❖ Massage Chairs
- ❖ Free Weight Equipment
- ❖ Strength Training Equipment
- ❖ Stretching Area
- ❖ Pro Shop
- ❖ Cardio Theatre

Website: www.goodlifefitness.com

Marmac Athletics

36 Inglis Place (bottom floor), Truro. 902.890.5092

Marmac Athletics in Truro Nova Scotia specializes in competition and recreation Brazilian Jiu Jitsu, Kickboxing, Mixed martial Arts (MMA), Muay Thai, Self-Defense, personal Fitness, Bully Proof Boot Camp and much more! Micky Marshall (Owner Instructor) is a world medalist in Kickboxing and National Champion KickBoxer. Scott Nauss is an (BJJ instructor) Eastern Canadian BJJ Champion and kickbox / MMA competitor.

Website: <https://9dojos.ca/MarMacAthleticsTruroBJJ/>

NSAC Langille Athletic Centre

62 Cumming Drive, Truro. 902.893.6660

Hours:

	<i>September-April</i>	<i>May-June</i>	<i>July-August</i>
<i>Monday-Friday</i>	<i>6am-10pm</i>	<i>6am-9pm</i>	<i>6am-9pm</i>
<i>Saturday</i>	<i>1pm-5pm</i>	<i>1pm-5pm</i>	<i>Closed</i>
<i>Sunday</i>	<i>1pm-10pm</i>	<i>6pm-10pm</i>	<i>6pm-10pm</i>

The Langille Athletic Centre has something for everyone! Along with our lower level weight room equipment, we are also equipped with bikes, stair climbers, ellipticals, treadmills, and rowers in the cardio room. The double gymnasium, racquetball and squash courts are available for rental or free-time use..

Website: www.dal.ca

Colchester Legion Stadium

14 Lorne St., Truro. 902-893-1701

To view our schedule, please visit <https://rectimes.com/truro>

Colchester Legion Stadium offers On-going programs:

- ❖ Truro and Area Minor Hockey Association,
- ❖ Pleasure and competitive skating.

Website: www.truro.ca

Douglas Street Recreation Centre

40 Douglas Street, Truro. 902.893.6078

Hours: Monday-Friday 8:30am-4:30pm

Douglas Street Recreation Centre (DSRC) is home to many recreational activities, ranging from belly dancing and rug hooking to meetings and birthday parties. A large gymnasium, a board room and classrooms of various sizes are available for rentals and bookings for recreational uses.

Email: recdept@truro.ca

Website: <https://www.truro.ca/douglas-street-recreation-centre.html>

East Hants Sportsplex

1076 Highway #2, Lantz. 902.883.9906

Hours: 7am-Midnight

East Hants Sportsplex is well known for its penguin hockey teams, but the new and improved arena host a variety of recreational facilities and programs such as the soccer dome, walking and sprint track, and golf driving range.

Website: www.easthantssportsplex.ca

Rath Eastlink Community Center (RECC)

625 Abenaki Road, Truro. 902.893.2224

Hours: Monday-Friday 5:30am-10pm Saturday-Sunday 8am-9pm

The RECC was built by the community, designed to benefit the health and wellness of the community, is open to all members of the community, and operates with a mandate to increase

the interconnectedness of the community. Check website for schedules of fitness programs, ice rink, climbing wall, etc.

Facilities:

- ❖ Wilsons Aquatic Centre
- ❖ RECC Fitness Centre
- ❖ Athlete Development Centre
- ❖ Community Credit Union Arena
- ❖ Kohler Climbing Wall
- ❖ Stanfields Walking Track

Website: www.ratheastlinkcommunitycentre.ca

Cougar Dome

72 North Street, Truro. 902.843.4171

What is The Cougar Dome? A tennis and multi-sport facility has:

- ❖ Six full-size tennis courts
- ❖ 15,000sq. ft. portable synthetic turf surface, expandable as needed
- ❖ 2-lane, 260m synthetic track
- ❖ Long and triple jump pit(s)
- ❖ 10 bay golf range

In addition to the Dome, the attached, permanent Clubhouse will house:

- ❖ Locker Rooms (one male, one female)
- ❖ Reception Area
- ❖ Pro Shop
- ❖ Meeting Room (which can be rented)
- ❖ Director's Office
- ❖ Truro's newest Subway Restaurant, including the first-ever in Atlantic Canada, Subway Café

The Cougar Dome provides free access to students between the hours of 9am-3pm, while at the same time, ensuring open access for general public use during school hours, as well as early mornings, evenings and weekends.

Email: info@cougardome.ca

Website: www.cougardome.ca

Don Henderson Memorial Sportsplex

55 Carter Road, Brookfield. 902.673.2063

The Sportsplex houses a number of community offerings, including:

- ❖ Full size Hockey Arena (seating capacity of 1200)
- ❖ Four sheet Curling Rink with a bar/restaurant (seating capacity of 80+)
- ❖ Seniors Club Lounge
- ❖ Preschool
- ❖ Minor Hockey Office
- ❖ Large Club Room (600 sq.)
- ❖ Five Dressing Rooms
- ❖ Officials Dressing Room
- ❖ Boardroom and accompanying Office

The Don Henderson Memorial Sportsplex plays host to a number of added amenities and services for the youngsters and the young at heart. Some programs offered: “All Around the Circle” Seniors’ Group, Brookfield Curling Club, and Brookfield Preschool.

Email: al.dhms@gmail.com

Website: <https://colchesterrfa.ca/donhenderson/>

North Shore Rec Centre (NSRC)

30 Blair Ave., Tatamagouche. 902.657.3121

NSRC is proud to offer a wide variety of recreation programs, as well as provide space to groups or individuals looking to host a meeting or event.

Email: kellyajcr@gmail.com

Website: <https://colchesterrfa.ca/northshore/>

Sport Nova Scotia

5516 Spring Garden Road, 4th Floor, Halifax. 902.425.5450

Sport Nova Scotia was incorporated in 1971. We are the voice for amateur sport in Nova Scotia that promotes the benefits of health, personal development and achievement of all participants.

We operate in 5 main areas: Sport Development, Marketing and Events, Coaching, Public Relations and Communications and Finance and Administration. In each of these areas, programs and services are available to our membership, including consultation services

Email: sports@sportnovascotia.ca

Website: hwww.sportnovascotia.ca

KidSport

5516 Spring Garden Road, 4th Floor, Halifax. 902.425.5450

KidSport is a national children's program that helps kids overcome the financial barriers preventing or limiting their participation in organized sport.

KidSport Nova Scotia provides funding of up to \$300/year/child for sport registration and/or equipment.

Website: hwww.sportnovascotia.ca

Email: sports@sportnovascotia.ca

Jumpstart

Jumpstart is more than just about getting kids active. It's about giving kids from families in financial need the same chance to participate as their neighbours, their classmates and their friends. Whether it's the chance to try a new sport or to continue with a favourite one, no kid should be left out.

The vision of Jumpstart is simple: Canada, where all kids have a chance to fulfill their dreams.

Jumpstart is a national charity with a commitment to local communities. Organized sports connect kids to their communities. Canadian Tire Corporation recognized this and makes sure that money raised stays where it is donated. Canadian Tire Corporation is Jumpstart's biggest supporter as it funds all the general administrative expenses of Jumpstart, which means 100% of customer donations go directly to help kids in need.

Website: <http://jumpstart.canadiantire.ca/content/microsites/jumpstart/en.html>

Cobequid Spartans Gymnastics and Trampoline

19 Lower Truro Road, Truro. 902.895.7727

Gymnastics and trampoline are sports that focus young minds, elevate fitness and develop self-discipline, confidence, coordination and team spirit. Your child's time here at our gym is a building block in developing a love for healthy living and fitness that will become a life long habit. By promoting gymnastics as a foundation sport that supports physical performance and endurance in all other athletic pursuits. We believe all athletes, regardless of skill level, can enjoy the benefits of gymnastics, while enjoying a healthy, active lifestyle for a lifetime.

Email: csgc.tanya@ns.aliantzinc.ca

Website: <https://www.cobequidspartans.com>

Hubtown Boxing Club (Truro Amateur Boxing Club)

325 Highway 311 North River. 902.956.0063 or 902.899.2267

Hubtown Boxing is a small but mighty club. Check us out by trying your first week free!

Located in the Paul Davis Systems building on Hwy 311 North River next to Molly's.

Email: hubtownboxing@gmail.com

Website: www.facebook.com/HubtownBoxing

Truro Curling Club

56 Young Street, Truro. 902.895.1639

The Truro Curling Club provides every curler with a friendly environment to enjoy the game. Whether you have curled for years or never touched a stone, the Truro Curling Club welcomes you!

For the beginner try out our Learn-to-Curl program and join one of our fun leagues. For the more experienced curler, join one of our Men's, Ladies or Mixed teams and practice your skills on the ice.

Curling has something to offer for people of all ages and abilities, in a fun, social environment. After the game there is always time to relax in the clubhouse with snacks, beverages and great conversation (remember, winners always buy the first drink!).

Email: info@trurocurlingclub.com

Website: www.trurocurlingclub.com

Joyful Yoga

64 Inglis Place, Truro. 902.956.2166

Joyful yoga, located in the heart of downtown Truro offers a variety of yoga classes such as the Yoga for Mental Health - Learn how to increase your self-awareness, self-esteem and ability to cope through yoga. You will learn effective tools that can be practiced anywhere to regain control and happiness. This class will focus on standing and balance postures, with lots of twists. This is also a great choice for those with high blood pressure or glaucoma, as we never have the head lower than the heart.

Email: joyfulyoga@hotmail.com

Website: www.joyfulyoga.ca

Body Solace Studio

14 Court St. Suit 105, Truro. 902.890.6625

“Body Solace” is based around the idea of finding “solace” (comfort, support, and ease) within the body through Yoga, Pilates, Functional Fitness, and Holistic Nutrition. Located at 14 Court St., Suite 105 (behind the Superstore), our class styles include Flow Yoga, Restorative Yoga, Yin Yoga, Chair Yoga, Pilates-Fusion, Functional Fitness, and Yoga-Fusion.

Email: info@bodysolacestudio.com

Website: www.bodysolacestudio.com

Equipment Loans Program

1 Church Street, Truro. 902.897.3181 or 67 Pictou Road, Bible Hill. 902.893.8083

The Town of Truro offers a loan program for both cross country skis and snowshoes. Both the Municipality of Colchester and the Village of Bible Hill also have a snowshoe loan program.

Website: <https://www.truro.ca/programs-and-events.html#CommunityRec>

Adaptive Recreation Equipment Loan Program

Contact Recreation Therapy – Pediatric Rehabilitation at the IWK Health Centre for an initial assessment at 902.470.3840.

Contact Local Recreation Department for more information:

Town of Truro: 902.893.6078

Municipality of Colchester: 902.897.3155

Municipality of East Hants: 902.883.3387

Village of Bible Hill: 902.893.8083

Town of Stewiacke: 902.639.2231

The Adaptive Recreation Equipment Loan Program is a new resource for families of children and youth who have a physical disability and/or individuals who would benefit from its use. This equipment will provide opportunities to borrow a variety of equipment to experience new leisure pursuits.

Website: <https://www.truro.ca/programs-and-events.html#CommunityRec>

Colchester Historeum

29 Young Street, Truro. 902.895.6284

Since 1976, the Colchester Historical Society's mission has been to collect, preserve, and exhibit, for the education and enjoyment of present and future generations, artifacts and documents relating to the social, cultural, and natural history of Colchester County, Nova Scotia.

Email: curator@colchesterhistoreum.ca

Website: colchesterhistoreum.ca

Colchester East Hants Public Library

754 Price Street Truro. 902.895.4183

Hours: Mid-September-Mid-May: Monday, Sunday 1pm-4pm, Tuesday-Thursday, Saturday: 10am-8pm, Friday: 10am-5pm. Mid-May-Mid-September: Monday 1pm-4pm, Tuesday-Thursday: 10am-8pm, Friday, Saturday: 10am-5pm

The Colchester library offers various programs, services, and workshops for children, adults and even our beloved pets. Some programs and services offered are:

- ❖ Tutors
- ❖ Computer Classes,
- ❖ Arts and Craft
- ❖ Knitting and Crochet
- ❖ Recreation Activities

❖ And so much more

Website: www.lovemylibrary.ca

The Marigold Cultural Centre

605 Prince Street Truro. 902.897.4004

For a number of years, the town of Truro lacked an arts and cultural centre to host various live performances and arts education programs. The Centre houses a 208-seat theatre, a small art gallery, a workshop space for arts-in-education programming, a sports heritage hall, a boardroom, a concession area, and offices. With the strong support of the community and various organizations, the Marigold Cultural Centre provides a variety of cultural programming to a large number of Truro-area residents, while also providing a major downtown focus for economic development.

Email: summer@marigoldcentre.ca

Website: www.marigoldcentre.ca

EDUCATION & EMPLOYMENT

Adult Learning Program

Designed to meet the needs of adult learners who do not have a high school diploma. Program is available on a part-time and full-time basis and can be completed in-class, online, or through a combination of courses delivered in-class and online.

ALP offers:

- ❖ \$0 cost tuition
- ❖ Full-time, part-time and online study options
- ❖ Multiple enrolment dates throughout the year
- ❖ Recognition of existing Grade 11 or 12 credits that count towards your diploma
- ❖ The option to earn credit for prior learning obtained through on-the-job training, work and life experience, personal studies and/or volunteer activities

Email: truro.info@nsc.ca

Colchester Adult Learning Association

Room 127 Forrester Hall, 36 Arthur Street, Truro. 1.902.895.2464

Hours: Monday-Friday 8:30am- 4:30pm

CALA offers a variety programs to suit interests and abilities, including ALP(Adult Learning Program), GED prep, Computer Skills, NETWotk Employment and Essential Skills Programming, and Family Learning. CALA is a community based literacy organization that offers adults the chance to return to learning. We help people prepare to enter the Adult High School Diploma Program at the NSCC, study for the GED Tests, and take part in Family Learning Activities.

Email: cantactcala@gocala.ca

Website: gocala.ca

Chignecto Central Adult High

294 Willow St, Truro. 902.897.8957 Toll Free: 1.888.855.2224

The adult high school offers, Nova Scotia High School Diploma and a new Nova Scotia High School Diploma for Adults.

To apply you must fall into one of these:

- ❖ 18 years of age or older
- ❖ If you have been out of school for at least one year
- ❖ If you have your grade 12 and want to improve your marks for college or university
- ❖ If you want to take the next step towards getting a better job

Website: ccahs.ca

Literacy NS

902.897.2444 Toll Free: 1.800.255.5203

Literacy NS is a non-profit organization supporting the literacy community in NS. Their mission is to make sure every Nova Scotia has equal access to quality literacy education. Provides support and referrals by directing individuals to organizations that meet their needs.

They support & serve adult learners, instructors & the community through:

- ❖ The Learn Line, which gives information about adult education programs
- ❖ Professional development for instructors & tutors
- ❖ A database of programs & other services
- ❖ Grants to literacy organizations
- ❖ Scholarships & bursaries for adult learners
- ❖ Research & sharing of information about literacy
- ❖ Newsletters
- ❖ Events that inform the public & policy makers about literacy issues

Email: literacyns@nscc.ca

NSCC Continuing Education

902.893.3333

Continuing Education courses provide a variety of opportunities for lifelong learning, skills and technology upgrading, and recreational and cultural programming. Courses are scheduled over 3

terms: Fall (September – December), Winter (January – April) and Spring/Summer (April – July). Courses are often scheduled during the evenings and/or weekends.

Email: truro.info@nsc.ca

Website: nsc.ca

Nova Scotia Safety Council

902.454.9621

The NS Safety Council offers one & two day courses dealing with safety training material.

- ❖ Driver Education
- ❖ Motorcycle Training
- ❖ Defensive Driving
- ❖ Workplace Safety
- ❖ Workplace Health & Safety Conference
- ❖ School Bus Safety
- ❖ Community Safety
- ❖ Firearms & Hunter Safety
- ❖ Online Training

The following listed are in the Truro area:

- ❖ Accident Investigation
- ❖ Confined Space Entry
- ❖ Fall Protection
- ❖ Forklift Operator Safety
- ❖ Legislative Requirement
- ❖ Occupational Health & Safety community
- ❖ WHMIS
- ❖ Workplace Inspection

Website: safetyservicesns.com

East Hants Community Learning

902.883.1608

The East Hants Community Learning is a non-profit organization dedicated to offering a range of educational services to adult residents of East Hants, making learning accessible. Work towards a GED qualification and develop essential skills for the home, workplace, and community.

Community Enhancement Association

105B Walker St, Truro. 902.893.1911

Providing employment related assistance for African Nova Scotian clients of Colchester county.

The services available are:

- ❖ Life skills assessment & training
- ❖ Career counseling
- ❖ Resume preparation
- ❖ Entrepreneurial training and counseling
- ❖ Business planning
- ❖ A resource centre
- ❖ Computer use
- ❖ Support services
- ❖ Networking & referrals to: black educators, black business initiates, black cultural centre, all federal agencies
- ❖ Sponsors student programs

Employment Support Services

902.893.6171

Employment support services is a program offered through the department of community services. The aim of this program is to assist Social Assistance clients to decrease their dependency on financial assistance and increase their employability options through training, upgrading and/or work experience.

Some employment services are:

- ❖ Career counseling
- ❖ Career & aptitude testing
- ❖ Resume writing
- ❖ Job search workshops

- ❖ Employability assessment
- ❖ Life skills workshops
- ❖ Skill training programs
- ❖ Upgrading programs
- ❖ Job development services
- ❖ Referrals to other programs
- ❖ PLAR portfolio development
- ❖ WHIMIS training

FutureWorx

*80 Glenwood Drive, Truro. Head Office: 14 court street, suite 305, Truro. 902.895.2837
902.843.4290*

We help job seekers and employers navigate a range of programs – from career planning, job searches and on-the-job development to recruitment, planning and HR support.

The Employability Skills Assessment Tool (ESAT) provides a framework and quantitative assessment methodology for the development of nine employability skills: motivation, attitude, accountability, time management, stress management, presentation, teamwork, adaptability and confidence.

Careerworks NS

42 Inglis Pl, Truro. 902.893.6859

Careerworks Nova is the starting point for anyone looking to establish their career goals and develop a plan that will guide their future employment success. Services available at

Careerworks Nova, free of charge, include the following:

- ❖ Job Search assistance
- ❖ Employment & career counseling
- ❖ Internet access
- ❖ Resume assistance
- ❖ Counselor assisted career and skill interest inventories
- ❖ Photocopying, faxing, printing & telephone access
- ❖ Monthly workshops

- ❖ Employment works program
- ❖ Job postings & labor market information

Enfield Earth Keepers

Enfield, NS. 902.240.1253

The Earthkeepers are a non-profit organization originating in 2005 providing the youth of Enfield and surrounding areas with an opportunity to learn work skills and the benefits of giving back to their communities through volunteer work. They provide services to the community such as yard work, mowing, gardening, wood stacking, snow shoveling, etc.

For every four hours of paid work that the youth do, they must volunteer one hour of their time towards the beautification of the community. This helps to provide them with the understanding of what it means to have pride in where they live - a life lesson which will stay with them forever.

Email: earthkeepers@eastlink.ca

Aboriginal Peoples Training & Employment Commission (APTEC)

129 Truro Heights Rd, Truro. Toll Free: 1.800.565.4372 Direct: 895.1523

APTEC is the employment and training division of the Native Council of NS established to provide human resource development services to the rural, urban, off-reserve

Mi'kmaq/aboriginal peoples of NS.

Email: leepaul@eastlink.ca

Website: ncns.ca

Native Counsel Of Nova Scotia – Education & Student Services

1.800.565.4372, Direct: 1.902.895.1523 ext 224

Serving all off-reserve Aboriginal students in Nova Scotia with eligibility criteria defined by the specific education program or fund. Student Services: the Director of Education provides guidance, advice, intervention and a link between Aboriginal parents/ students and schools and other educational resources. Also offers various scholarships for eligible students.

Email: spencerwilmot@eastlink.ca

Website: ncns.ca

FOOD SUPPORTS

Feed Nova Scotia Helpline

902.457.1900

We distribute food to 146 food banks, shelters, soup kitchens, and meal programs. We're not a food bank, but we can help you find one.

Website: <https://www.feednovascotia.ca/find-food>

Colchester Food Bank

49 Esplanade in downtown Truro. 902.893.4566

Hours of Operation: Monday to Friday 9am-5pm

(Food boxes are given out Mondays, Wednesdays and Fridays, from 1- 4 pm)

Colchester Food Bank provides food for people in Truro and Colchester County who need a helping hand. Staff provides volunteer opportunities, help with skill building, assist other social agencies, and help clients navigate through social programs, provide clients with direction on resumes and job applications, and provide volunteers with recognition certificates and reference letters.

Email: colfoodbank@eastlink.ca

Website: Colchesterfoodbank.com

Hants North Food Bank

6 Barr Settlement Rd East Gore. 902.362.2808

Hours: Friday 12- 2pm

Indian Brook Food Bank

185 Sesame Street, Micmac. 902.758.2049

Hours: Friday 12- 3pm

Website: <http://www.facebook.com/groups/343898989138722>

Shumilacke Food Bank Society

5 Mill Village Road, Shubenacadie. 902.758.1701

Hours: Friday 1- 4pm

Meals On Wheels

902.897.5857 (Cathy Gilby) 902.895.2371 (Marilyn Burns)

Hours: Tuesday and Thursday 11am-1pm

Delivers complete hot meals to qualifying clients at their homes. Individuals who are unable to leave their homes because of illness, disability or frailty. Coverage area: Truro. \$5.75 per meal.

Please call to register.

Email: cgilby@tru.eastlink.ca

USED GOODS

New-To-You

168 Arthur Street, Truro

Hours: Thursdays 9am-8pm, Sundays 12-4pm, Monday-Wednesday, Friday, Saturday: 9am-4pm

Selling gently used books, clothing, furniture, and more. The Intercolonial Café offers items for your coffee break as well as a lunch menu featuring a daily special.

Salvation Army

14 Outram Street, Truro. 902.893.3042

Hours: Monday-Thursday 9am-3pm, Closed 12-1pm

Provides support and help to individuals and families in the community. Holds a weekly community cafe drop-in that serves coffee and snacks. (Seasonal program * Closed from mid June to September * May be closed in December) Provides emergency food support to those in need. Offers low cost clothing and household items for the community. May also provide emergency assistance with clothing and household goods

Website: <https://www.facebook.com/SATruro>

Louis' Good Used Clothing

166 Robie St. and 361 Willow St.

Hours: Monday-Friday 10am-9pm, Saturday 10am-5pm, Sunday 12-5pm

Selling gently used clothing. Every Monday, items are buy one get one free.

Frenchy's

38 Meadow Drive, Truro. 902.895.1274

Hours: Mon to Fri: 9am - 9pm Saturday: 9am - 5pm Sunday: 12pm - 5pm

Gently used clothing for low prices.

TRANSPORTATION

Dial-A-Ride

902.896.7433

Hours: 7am-5:30pm * Charters can be pre-booked for any time and day

Provides transportation service on an irregular basis. Offers a pre-booked service for pick-up and return, with 24 hours' notice. Beginning at 5\$ for up to 5 km. 11\$ for 20km, +0.75 each additional km

Colchester Transportation Cooperative

14 Court Street, Suite 207. 902.896.7433

Hours: 7am- 5:30pm

Must book a minimum of 24 hours in advance.

Email: ctcl@bellaliant.com

VON Volunteer Transportation

4 Court Street, Suite 100 , Truro. 902-893-3803 ext 313 Toll-Free: 1-888-866-2273

Hours: Monday-Friday during daytime hours when a volunteer is available

Volunteers provide door-to-door transportation for seniors and adults with disabilities to medical appointments, social outings, and errands. Must register for program through an over-the-phone assessment Try to book one week in advance by calling during regular business hours or leaving a message Cannot provide wheelchair transportation.

Website: <http://www.von.ca>

East Hants Community Rider

The Nova Centre, 224 Highway 214, Suite 101A, Elmsdale. 902.883.4716

Wheelchair accessible, Bilingual dispatch and drivers. The EHCR helps its clients get to medical appointments, job interviews, education classes and skills training, grocery shopping, personal errands, social events, gathering with friends and family, sporting and after school activities.

Social isolation is a real and growing problem in rural areas, and can lead to increased mental health issues. Transportation to services and social activities helps people remain engaged in their community. We operate a fleet of 4 vehicles, two that are wheelchair accessible plus we are supported by a group of 10 committed and trained volunteers who utilize their personal vehicles.

Email: easthantscommunityrider@gmail.com

MISCELLANEOUS

Red Bear Connects Voice Mail

902.448.4744

Free voicemail service for anyone who can't afford a cell phone, landline or the internet.

Provided to help keep you in touch with landlords, employers and service providers.

Email: info@redbearhealinghome.ca

website: redbearhealinghome.ca

United Way Of Colchester

90 Esplanade, Suite 2, The Truro Centre, Truro. 902.895.9313

We invest donor donations back into Colchester County to fund critical programs and projects that create opportunities for our community members to improve their lives. Our Bikes for Kids program collects gently-used bikes from the community. Our staff and volunteers fix the bikes and give to children who would not be able to afford one without this program. The Back to School campaign helps families that cannot afford the costs associated with students heading back to school by providing free school supply kits. The Youth Committee's Elves for Elders program collects donated gifts, during the holiday season, to give to isolated seniors living on their own or in care facilities.

Email: coordinator@colchester.unitedway.ca

Efficiency NS

1.877.999.6035

- ❖ Instant Savings: Each Fall and Spring, you can save instantly in stores across Nova Scotia on dozens of easy-to-install, energy efficient products.
- ❖ Appliance Retirement: A free service to help you save money and recycle older appliances - and we pay you for it.
- ❖ Green Heat: Save money and energy by upgrading your home heating equipment - and we'll help with rebates.

- ❖ Home Energy Assessment: We offer a complete analysis of your home's energy efficiency – and we'll help with rebates or financing!
- ❖ New Home Construction: A service for new home construction that provides custom recommendations on your building plans, improves energy efficiency, helps secure an EnerGuide rating - and pays you up to \$5,000!
- ❖ Product Installation Service: A service to install energy efficient products in your home - whether you own or rent - at no cost to you.
- ❖ HomeWarming: No-charge energy assessments and home upgrades to income-qualified homeowners.
- ❖ Mercury Collection: Recycle mercury-containing products to help reduce the amount of mercury entering our environment. Find a drop-off location nearest you and we'll recycle them for you, free of charge.

Tenancy Board

1.800.670.4357

Helps landlords and tenants understand their rights, and exercise those rights when necessary.

Laundry Project, St James Presbyterian Church

725 Prince St, Truro. 902.890.8965 Church Office: 902.893.9587

Hours: Monday- Friday 9am-12pm

Provides a laundry facility in the Koinonia Centre which is located across the parking lot from the Church. The laundry has two washers and two dryers plus space to fold clothes. This service is provided free of charge. Call to make an appointment * Callers may leave a message if there is no answer

Email: stjameschurch@eastlink.ca

Website: <http://www.pccweb.ca/stjames-truro/paths-of-service/st-james-laundry/>

WEBSITE RESOURCES

211

ns.211.com

211 is here to help you 24/7 to find services and programs offered by local community groups, non-profits and government departments.

GoodNS

http://www.recreationns.ns.ca/goodns-ca/902.425.1128

Is a new online tool designed to increase ability of organizations to recruit volunteers.

Community organizations can sign up with goodNS.ca to post searchable volunteer opportunities called 'Gigs'.

This allows organizations to specify what types of skills they are seeking, the dates and the address of the Gig, and what type of causes the activity supports in their community.

Gigs are immediately available to be matched to volunteers with similarly listed skills and interests. Volunteers can keep up to date with Gigs, can build a profile of their experiences, add friends, and follow organizations.

Fundy Connect.ca

fundyconnect.ca

Search, Find, Play ~ your direct route for things to do in the Fundy region of Nova Scotia

Colchester

www.colchester.ca

A site for by-laws, events, garbage schedules, and more.

Town of Truro

www.truro.ca

Events, taxes, employment opportunities, and more.

Skype, Phone, and Internet Chatroom Meetings

<http://www.emotionsanonymous.org>

Holds Emotions Anonymous meetings through Skype, internet chat meetings, and phone meetings. Emotions Anonymous is not intended to be a replacement for psychotherapy, psychiatric medication, or any kind of professional mental health treatment. Website is a 24-hour service

Dad Central Canada

<http://www.dadcentral.ca>

Dad Central Canada, a group of professionals whose work focuses on promoting Father Involvement in Canada. Dad Central Canada works to help men understand what an invaluable and irreplaceable role they play in the development and lives of their children can lead them to make a greater commitment and investment in their family.

Motherrisk.org

<http://www.motherisk.org>

The Motherisk Program at The Hospital for Sick Children is a teratogen information service providing up-to-date information about the risk and safety of medications and other exposures during pregnancy and breastfeeding. Research and education in the program is also an important ongoing activity. Provides evidence-based information about the risk or safety of prescription and over-the-counter medications, herbal products, chemicals, radiation, chronic diseases, infections, occupational, environmental, and other exposures during pregnancy and while breastfeeding.

Canadian Women's Health Network –Infactcanada

<http://www.infactcanada.ca>

INFACT Canada is a national non-governmental organization that works to protect infant and young child health as well as maternal well-being through the promotion and support of breastfeeding and optimal infant feeding practices.

Friends of Breastfeeding

<http://www.friendsofbreastfeeding.ie/wp/info-packs/breastfeeding-basics-0-12-months/breastfeeding-myths-by-dr-jack-newman-md-ibcl/>

Friends of Breastfeeding was formed by a group of mothers who met on online parenting forums. Many of these mothers found the internet to be the only place they could access true support and reliable information and advice about breastfeeding. The need for two things was clear to everyone involved – better understanding of breastfeeding across the general public, and improved access to good breastfeeding support in Ireland for women who want to breastfeed their babies.

Dona

<https://www.dona.org/>

Like travel guides in a foreign country, birth and postpartum doulas help support new families through the life changing experience of having a baby!

Whether it's a family's first baby or their tenth, a doula can help make the birth and postpartum experience better.

Caringforkids

<https://www.caringforkids.cps.ca>

Caring for Kids provides parents with information about their child's and teen's health and well-being. Because the site is developed by the Canadian Paediatric Society — the voice of more than 3,300 Canadian paediatricians—you can be sure the information is reliable.

Legal Info NS

<https://www.legalinfo.org/>

Here you will find easy to understand legal information to help you deal with everyday legal problems. You are also in the right place for referrals to legal help resources in Nova Scotia, including finding a lawyer or mediator.

Coursera

<https://www.coursera.org/>

Offers free online training courses from top universities. Options include: psychology, mindfulness, cooking, business, math, and more. Courses are free with registration, and have the option to purchase a certificate showing that you passed and completed the course.

eMentalHealth

ementalhealth.ca

Mental health services, help and support in your community.

7 Cups

7cups.com

Connect with caring people for online therapy & counseling

Free, anonymous and confidential online text chat with trained listeners, online therapists & counselors

MyWellness

https://mystudentplan.ca/mywellness/en/welcome

Provides every student with the tools and information to support good mental health and wellness practices. This free and anonymous service includes a mental health self-assessment and a personalized action plan.

Authentic Happiness

https://www.authentichappiness.sas.upenn.edu/user/login?destination=node/423

Register to be able to take a number of free online questionnaires to help determine strengths, track happiness changes, satisfaction with life, and more.

Mental Health Commission of Canada

https://www.mentalhealthcommission.ca/English

The MHCC offers many tools and guidelines on a wide range of mental health topics, including on peer support, caregiving, and recovery.

Teen Mental Health

http://teenmentalhealth.org/

This website is dedicated to helping improve the mental health of youth by the effective translation and transfer of scientific knowledge. It offers information to teens, families, and teachers about mental health in teens.

Ontario Centre of Excellence for Child and Youth Mental Health

<http://www.excellenceforchildandyouth.ca/>

The Centre offers a diverse collection of info, tools and services regarding youth mental health.

Healthy Minds Canada

<https://www.jack.org/>

The Healthy Minds Canada When Something's Wrong handbooks provide useful information for teachers and families on a variety of mental health problems. They also provide a variety of online mental health resources.

Drug Free Kids Canada

<https://www.drugfreekidscanada.org/>

Provides parents with the tools they need to talk to their kids about drugs

Canadian Centre on Substance Abuse

<http://www.ccsa.ca/Pages/default.aspx>

The Canadian Centre on Substance Abuse has a mandate to reduce alcohol and drug-related harms.

Addiction Guide

<https://www.addictionguide.com/>

Addiction Guide provides information on addiction and addiction treatment. They provide resources for people suffering from substance related disorders and their families and friends.

CBT Online

<https://moodgym.com.au/>

This is an interactive site that teaches people to use ways of thinking that will help to prevent depression. It is based on cognitive behaviour therapy. moodgym is like an interactive self-help book which helps you to learn and practise skills which can help to prevent and manage symptoms of depression and anxiety.

Centre for Suicide Prevention

<https://www.suicideinfo.ca/>

The Centre for Suicide Prevention is a non-profit organization serving thousands of people in Alberta, across Canada and around the world. The centre has a special library on suicide and suicidal behaviour.

Mind Your Mind

<https://mindyourmind.ca/>

Mindyourmind is an award-winning, innovative internet resource for youth who are looking for relevant information on mental health and creative stress management.

Depression Anxiety Stress Scale

<http://www2.psy.unsw.edu.au/dass/>

The DASS is a 42-item self-report instrument designed to measure the three related negative emotional states of depression, anxiety and tension/stress.

Self-injury Outreach & Support

<http://sioutreach.org/>

Self-injury Outreach & Support is a collaboration between Guelph and McGill University that provides information and resources about self-injury to those who self-injure, those who have recovered, and those who want to help.

Cornell University Self-Injury and Recovery Research and Resources (SIRRR)

<http://www.selfinjury.bctr.cornell.edu/>

SIRRR provides detailed information about projects and research ongoing at Cornell University on self-injurious behaviour in adolescents and young adults. Links to resources and infographics of value in understanding, detecting, treating, and preventing self-injurious behavior (SIB) in adolescents and young adults is also available.

Kidshealth

<http://kidshealth.org/>

KidsHealth provides accurate, up-to-date and jargon-free information on youth health, including self-injury (cutting).

Canped

www.canped.ca

Canped is a website offering resources and support tools for parents/caregivers who provide care for youth suspected of having an eating disorder.

CASP

<https://suicideprevention.ca/need-help/>

Provides resources and information for preventing suicide.