

**THE NOVA SCOTIA**

**Directory of Services  
for Adoptive Parents**





# INTRODUCTION

Welcome to *The Nova Scotia Directory of Services for Adoptive Parents*. Produced by the Department of Community Services—Family and Community Supports Division, this directory was developed to help parents quickly find services in their region.

Within these pages, you will find listings for services ranging from child development to education, from physical and mental health to advocacy, from financial to legal assistance. They include those offered by municipal, provincial, and federal governments, as well as private sector, non-profit, and international organizations.

To the best of our knowledge, this is the first time such a comprehensive listing of services for parents of adopted children in Nova Scotia has been compiled and published. As such, we look forward to the continued evolution of the directory as services and the needs of adoptive families change. Your feedback for future editions is welcome. Contact Adoption Services at 424-3205 with your suggestions.

Please note that not all of the services listed in this directory are offered free of charge. As well, service providers move and office hours change. You are advised to call ahead.

Your role as an adoptive parent may be one of the most rewarding experiences of your life. As with any parenting experience, however, the journey will also require a great deal of love, patience, and understanding as you strive to offer the best family environment for your child.

We hope this directory serves you well on that journey.

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This document is available on the Internet at  
<http://gov.ns.ca/coms/postadoption>

For further information about the Nova Scotia  
Directory of Services for Adoptive Parents,  
please call 902-424-3892  
with the Department of Community Services,  
Family and Community Supports Division.

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# PROVINCIAL RESOURCES

## Helpful Adoption Web Sites:

(retrieved from the North American Council on Adoptable Children—  
[www.nacac.org](http://www.nacac.org))

[www.gov.ns.ca/coms/families/  
adoption/directoryofservices.  
html](http://www.gov.ns.ca/coms/families/adoption/directoryofservices.html)

### **Adoption**

[www.adoptionsupport.org](http://www.adoptionsupport.org)  
[www.parentbooks.ca/Adoption.html](http://www.parentbooks.ca/Adoption.html)  
[www.pactadopt.org/store/page1.  
html](http://www.pactadopt.org/store/page1.html)

[gov.ns.ca/coms/families/adoption/  
directoryofservices.html](http://gov.ns.ca/coms/families/adoption/directoryofservices.html)

[www.nacac.org](http://www.nacac.org)

[www.bcadoption.com](http://www.bcadoption.com)

[www.adopting.com](http://www.adopting.com)

[www.canadianadoption.com](http://www.canadianadoption.com)

[www.adoption.on.ca](http://www.adoption.on.ca)

[www.adoption.ca](http://www.adoption.ca)

[www.adoption.org.uk](http://www.adoption.org.uk)

[www.davethomasfoundation.org](http://www.davethomasfoundation.org)

[www.adoptionclinic.org](http://www.adoptionclinic.org)

[www.canadaadopts.com/canada/  
resources\\_priagencies.shtml](http://www.canadaadopts.com/canada/resources_priagencies.shtml)

<https://mnadopt.org>

[www.nysccc.org/family-supports/  
recommended-reads](http://www.nysccc.org/family-supports/recommended-reads)

[www.childwelfare.gov/adoption](http://www.childwelfare.gov/adoption)

[www.adoptshare.com](http://www.adoptshare.com)

[www.adoptionclubhouse.org](http://www.adoptionclubhouse.org)

[www.baaf.org.uk/res/index.shtml](http://www.baaf.org.uk/res/index.shtml)

[www.emkpress.com](http://www.emkpress.com)

[www.adoptontario.ca](http://www.adoptontario.ca)

[www.ocwtp.net/CgCorner.html](http://www.ocwtp.net/CgCorner.html)

[www.actiononadoption.ca](http://www.actiononadoption.ca)

[www.taplink.org/booklist.htm](http://www.taplink.org/booklist.htm)

[www.familyhelper.net](http://www.familyhelper.net)

[www.kidkanuck.com](http://www.kidkanuck.com)

[www.adoptionmatters.info](http://www.adoptionmatters.info)

[www.squidoo.com/Adoption-Books](http://www.squidoo.com/Adoption-Books)

[www.adoptionlearningpartners.org/](http://www.adoptionlearningpartners.org/)

### **Attachment**

[www.attach.org](http://www.attach.org)

[attachmentdisorder.net](http://attachmentdisorder.net)

[adsg.syix.com/adsg/index.htm](http://adsg.syix.com/adsg/index.htm)

[www.radzebra.org](http://www.radzebra.org)

[www.radkid.org](http://www.radkid.org)

[www.childtrauma.org](http://www.childtrauma.org)

[www.attachment-store.org/](http://www.attachment-store.org/)

[parenting-challenging-children.html](http://parenting-challenging-children.html)

### **Attention Deficit Disorder/ Attention Deficit Hyperactivity Disorder**

[www.chadd.org](http://www.chadd.org)

[www.add.org](http://www.add.org)

### **Autism Spectrum Disorder**

[http://specialneedsadoption.  
rainbowkids.com/Autism\\_  
Spectrum\\_Disorders.aspx](http://specialneedsadoption.rainbowkids.com/Autism_Spectrum_Disorders.aspx)

[www.provincialautismcentre.ca](http://www.provincialautismcentre.ca)

[www.nsnet.org/autismns/index.html](http://www.nsnet.org/autismns/index.html)

[www.annapolisvast.ca/](http://www.annapolisvast.ca/)

### **Bipolar Disorder**

[www.bipolarchild.com](http://www.bipolarchild.com)

[www.patientcenters.com/bipolar](http://www.patientcenters.com/bipolar)

[www.bpkids.org](http://www.bpkids.org)

### **Conduct Disorder**

[www.conductdisorders.com](http://www.conductdisorders.com)

### **Fetal Alcohol Spectrum Disorder (FASD)**

[www.ccsa.ca](http://www.ccsa.ca)  
[www.fascenter.samhsa.gov](http://www.fascenter.samhsa.gov)  
[ntiupstream.com/MCHBproject](http://ntiupstream.com/MCHBproject)  
[www.nofas.org](http://www.nofas.org)  
[www.fasbookshelf.com](http://www.fasbookshelf.com)

### **General Special Needs and Disabilities**

[www.aboutourkids.org](http://www.aboutourkids.org)  
[www.ChildTrauma.org](http://www.ChildTrauma.org)  
[www.nichcy.org](http://www.nichcy.org)  
[www.npnd.org](http://www.npnd.org)  
[www.cec.sped.org](http://www.cec.sped.org)  
[www.ldonline.org](http://www.ldonline.org)  
[www.nclد.org](http://www.nclد.org)  
[www.pacer.org](http://www.pacer.org)  
[www.wrightslaw.com](http://www.wrightslaw.com)  
[www.tourette-syndrome.com](http://www.tourette-syndrome.com)

### **Mental Health**

[www.mentalhealthns.ca](http://www.mentalhealthns.ca)  
[www.bazelon.org](http://www.bazelon.org)  
[www.nami.org](http://www.nami.org)  
[www.teenmentalhealth.org](http://www.teenmentalhealth.org)

### **International Adoption**

[www.fwcc.org](http://www.fwcc.org)  
[www.fccns.ca](http://www.fccns.ca)  
[www.cbfoundation.com](http://www.cbfoundation.com)  
[www.jcics.org](http://www.jcics.org)  
[www.rainbowkids.com](http://www.rainbowkids.com)

### **Openness/Search and Reunion**

[gov.ns.ca/coms/families/  
 adoption/AdoptionDisclosure.html](http://gov.ns.ca/coms/families/adoption/AdoptionDisclosure.html)  
[www.pbs.org/web/ab/adoption](http://www.pbs.org/web/ab/adoption)  
[www.isrr.net](http://www.isrr.net)

## **On Line Adoption Supports:**

Nova Scotians Adopting  
 (novascotiansadopting-subscribe@yahoogroups.com)

Adoption Parenting  
 (adoptionparenting-subscribe@yahoogroups.com)

Adoption Canada  
 (adoptioncanada-subscribe@yahoogroups.com)

Canadians Adopting  
 (canadians-adopting-subscribe@yahoogroups.com)

## **Adoption Reading Materials:**

### **Books about adoption in Canada or by Canadians**

(retrieved from the Adoption Council of Canada website [www.adoption.ca](http://www.adoption.ca)):

Acres, Karen and Louise Pomminville. (2002) *Little Miss Ladybug & her Magical Red Thread*. St. Lazare, Quebec: Ladybug Productions. Inter-country adoption—juvenile fiction.

Allibert, Patricia. (2003) *Nishu: le voyage initiatique d'une adoption au Népal*. St-Jérôme, QC: Editions de vie.

Bexon, Sandy. (1999) *Family: an Open Adoption Adventure*. Hanna, Alberta: S. Bexon. (2000) *The Face*



in the Mirror: Teenagers Talk about Adoption.

Vancouver: Arsenal Pulp Press.

Boucher, Guylaine. (2003) *Comment adopter un enfant au Québec ou ailleurs*. Montréal : Éditions Trans-continentale.

Bouffard, Jean Rosaire. (2001) *Pour toi, mon fils*. Québec: Arion. Adoption internationale.

Brennan, Deborah. (2008). *Labours of Love: Canadians Talk about Adoption*. An honest look at what it means to be an adoptive parent, an adoptee, and a birth parent. Dunburn.

Burks, Stephanie. (2004) *While you were Sleeping*. Burks Publishing.

Cahill, Bette. *Butterbox Babies : Baby Sales, Baby Deaths : New Revelations 15 Years Later*. Rev. ed. Halifax: Fernwood Pub., c2006.

Chesterfield, Sadie. (2007) *Bienvenue chez les Robinson: une famille pour Lewis*. Adapté par Sadie Chesterfield; illustré par The Disney Storybook Artists; traduit de l'anglais par Catherine Girard-Audet. Messageries ADP, Longueuil, Montréal: Presses Aventure. Series: Collection J'apprends à lire. Traduction de: Meet the Robinsons. A family for Lewis. Basé sur le film.

Cowan, Lissa. (2005) *Adoptive Families are Families for Keeps*. Vancouver: Groundwork Press.

Cowan, Lissa and Jennifer Lee. (2003) *Living with Prenatal Drug Exposure: A Guide for Parents*. Vancouver: Ben Simon Press. Society of Special Needs Adoptive Parents. Series: Living Series. Research by Emilie Cameron.

Cowan, Lissa and Jennifer Lee. (2005) *Tara's Guide to Adoptive Families are Families for Keeps*. [electronic resource]. [Vancouver] : Groundwork Press.

Crook, Marion. (2000) *The Face in the Mirror: Teenagers Talk about Adoption*. Vancouver: Arsenal Pulp Press.

Davy, Emma Ling Zhu. (2006) *China in my Heart*. [Oakville]: Kids for Kids Books.

Deachman, Helen. (1999) *Letters to Muriel: a Search for Kin*. Ottawa: Helen Deachman.

Demers, Lorraine. (2006) *Nisha's Story*. Victoria: Trafford. "One family's story of international adoption".

Desrochers, Richard. (2001) *L'ange de Roumanie: le destin d'une enfant abandonnée*. Sainte-Foy, Québec: Editions Emeraude.

Donna Spalding. (2006) *Roots, Wings and Other Things: a Mother's True Story on Transracial Adoptions*. Burlington, Ont.: Rain Pub.

Galbraith, Lindsay. (1998) *Romanian Orphans, Adopted Daughters*. Stoneridge Publishing House.

Gasco, Elyse. (2006) *Bye bye Baby*. Winnipeg: Scirocco Drama. "A play".

Goldsmith, Deirdre. (2003) *How Micah helped Build a Family: a Story for Foster and Adopted Children*. Victoria: Trafford.

Graefe, Sara. (1998) *Etre parents d' enfants touchés par le syndrome d'alcoolisme fetal: un guide pour le quotidien*. Vancouver: Society of Special Needs Adoptive Parents. 2<sup>e</sup> édition. Copies are for sale through the Adoption Council of Canada office.

Graefe, Sara. (2003) *Lifelong Issues*. Vancouver: Ben Simon Press. Society of Special Needs Adoptive Parents. Series: Adoption Piece by Piece.

Graefe, Sara. (2003) *Living with FASD: a Guide for Parents*. Vancouver: Ben Simon Press. Society of Special Needs Adoptive Parents. 3rd edition. Series: Living Series.

Graefe, Sara. (2003) *Special Needs*. Vancouver: Ben Simon Press. Society of Special Needs Adoptive Parents. Series: Adoption Piece by Piece.

Graefe, Sara. (2003) *A Toolkit for Parents*. Vancouver: Ben Simon Press. Society of Special Needs Adoptive Parents. Series: Adoption Piece by Piece.

Hartlen, Bob. (1999) *Butterbox Survivors! Life after the Ideal Maternity Home*. 294 Radcliffe Drive, Suite 415, Halifax, NS B3S 1E6, bharlen@ns.sympatico.ca

Hilborn, Robin.(2004) *Canadian Guide to Intercountry Adoption, 4th ed*. Family Helper no. 44. Box 1353, Southampton, ON N0H 2L0, helper@

familyhelper.net, <http://www.familyhelper.net/ad/adguide.html>

Hilborn, Robin. (2003) *The Essential Adoption Resource Book: a Compendium of the Best Adoption Resources*. Southampton, ON: Helper Publishing. Adoption Helper no. 42. Box 1353, Southampton, ON N0H 2L0, e-mail helper@familyhelper.net, <http://www.familyhelper.net>

Hodge, Deborah. (2003) *Emma's Story*. Toronto: Tundra Books. Adoption from China.

Intercountry Adoption Services (2004) *Intercountry Adoption Policy Research Roundtable; Final Report March 4-5, 2004*, Gatineau, Québec. PDF by Social Development Canada.

Intercountry Adoption Services, Social Development Canada. (June 2004) *Tools for Home Assessments for Intercountry Adoption* (pdf). Books, articles, websites and videos currently in use across Canada to evaluate prospective adoptive parents and educate them about intercountry adoption. Information provided by social workers and organizations.

Intercountry Adoption Services (L.M. Edelsward), Social Development Canada. (June 10, 2005) *Challenges Experienced by Intercountry Adopted Children: A Survey of the Issues*. Survey of reports and studies on challenges facing internationally-adopted children. Medical, developmental and behavioural issues.

Kingsbury, Karen. (2006) *De précieux miracles d'adoption: témoignages de la présence divine dans nos vies*. Traduit de l'américain par Josée Guévin. Varennes, Québec: ADA.

Traduction de: A Treasury of Adoption Miracles.

Leith, Anne. (1998) *Mon journal d'adoption*. Chicoutimi, Québec: Editions Félix.

Little, Jean. (2001) *Emma's Yucky Brother*. Toronto: HarperCollins Canada Ltd. Juvenile Books. Emma's brother Max is adopted internationally at age four.

Martineau, Marie-Chantal. (1998) *Mon album d'adoption*. Loretteville, Québec: Dauphin blanc.

Matthews, Blair. (2001) *Touched by Adoption Volume 3*. A collection of 30 short stories that explore all sides of adoption, both positive and negative. Written by birth parents, adoptees and adoptive parents. Cambridge, ON: Playing with Words.

McCreight, Brenda. (2002) *Parenting your Adopted Older Child: how to Overcome the Unique Challenges and Raise a Happy and Healthy Child*. Oakland, California: New Harbinger Publications.

McKinstry, David. (2003) *A Swim against the Tide*. White Knight Publications.

Nicol, Richard. (2005) *The Child of One Race of Two People of Two Islands: Return to Haiti of a Teenager*

*and of Adoptive Father*. Montréal: Éditions du CIDIHCA.

Nicol, Richard. (2005) *L'enfant d'une race, de deux peuples, de deux îles : retour en Haïti d'une adolescente et de son père adoptif*. Montréal : Éditions du CIDIHCA.

Nisbet, Penny. (2000) *A Penny Saved: an Adopted Child's Discovery of the Ties that Bind*. Kingston: House of Vidal.

Olesen, Mavis and Dallas Williams. (2003) *Living in Limbo: Families Journeying toward Understanding*. Regina: M.L. Oleson.

Ouston, Rick. (1998) *Finding Family*. Vancouver: New Star Books.

Perry, Sarah. (2006) *Clara's Test*. Belleville, Ont. : Epic Press. Adopted children--Juvenile fiction

Petrie, Anne. (1998) *Gone to an Aunt's: Remembering Canada's Homes for Unwed Mothers*. Toronto: McClelland & Stewart.

Raymond-Amyot, Hélène. (2003) *Mon odyssée péruvienne*. Cap-Saint-Ignace, Québec: La Plume d'oie.

Rosove, Lori. (2001) *Rosie's Story— an Adoption Story*. Nepean, Ont.: Asia Press.

Rowe, Siobhan, editor. (2005) *Raising Healthy Multiracial adoptive Families: A Question and Answer Guide For Adoptive Families*. (2nd edition) Burnaby, BC: Adoptive Families Association of BC, #200-7342 Winston St, Burnaby, BC, V5A 2H1,

phone (604) 320-7330, fax (604) 320-7350.

Ryan, Darlene. (2001) . *A Mother's Adoption Story*. Toronto: Second Story Press. About an adoptive mother.

Services d'adoption internationale. (2004) *Table ronde de recherche sur les politiques en matière d'adoption internationale: Rapport final* (pdf) tenue à Gatineau (Québec) les 4 et 5 mars 2004. PDF par Développement social Canada.

Services d'adoption internationale, Développement social Canada. (Juin 2004) *Outils utilisés pendant l'évaluation psychosociale des adoptants aux fins de l'adoption internationale* (pdf), [www.adoption.ca/pdfs/home\\_assessment\\_tools\\_f.pdf](http://www.adoption.ca/pdfs/home_assessment_tools_f.pdf). Des livres, des articles, des sites web et des documents vidéo utilisés au Canada qui servent à évaluer les futurs parents adoptifs et à les renseigner sur l'adoption internationale. Basée sur de l'information fournie par les professionnels et les organismes.

Services d'adoption internationale (L.M. Edelsward), Développement social Canada. (le 10 juin 2005) *Les problèmes rencontrés par les enfants adoptés à l'étranger : Enquête sur ces problèmes, . Revue des textes portant sur les éventuels problèmes auxquels les enfants adoptés à l'étranger peuvent être confrontés*. Des problèmes médicaux, de développement et de comportement.

Stergianis, Sofie and Rita McDowall. (2006) *What is Adoption? : Helping Non-adopted Children Understand Adoption*. Toronto: Wisdom Press.

Stolen Generations. (2003) *Book of Voices: Voices of Aboriginal Adoptees and Foster Children*. 45 stories of First Nations people who experienced the Sixties Scoop and life as a native in a non-native home, by an aboriginal group in Winnipeg. Stolen Generations, 94 McGregor St., Winnipeg R2W 4V5, 204-925-0300, 888-962-6294, [stolen\\_generations@yahoo.ca](mailto:stolen_generations@yahoo.ca), [www.stolengenerations.ca/](http://www.stolengenerations.ca/)

Stummer, Helen. (2000) *Out of Darkness: How a Birth Mother Found Herself while Searching for her Daughter*. London: HMS Press.

Wagner, Shirley. (2005) *They call me Trouble : I am Adopted and Loved very much!* Victoria, B.C. : Trafford.

Williams, Candy. (2006) *Life through the Eyes of Candy: Adoption Trials and Happiness*. "Life is what you make it!". Victoria: Trafford.

Ye, Ting-xing with William Bell. (2003) *Throwaway Daughter*. Toronto: Seal books. China—Social conditions—1976-2000—Juvenile fiction, Adopted children.

## Resources for Adoption Professionals

(retrieved from the Adoption Council of Canada website—[www.adoption.ca](http://www.adoption.ca) and the [parentbooks.ca/Adoption.html](http://parentbooks.ca/Adoption.html) website):

Answering the Call, *Lasting Impressions: A Guide for Photolisting Children*, [www.adoptuskids.org/images/resourceCenter/photolisting.pdf](http://www.adoptuskids.org/images/resourceCenter/photolisting.pdf)

EMK Press: *Tools and Resources for Adoptive Families and the Professionals Who Help Them*: [www.emkpress.com/](http://www.emkpress.com/)

Fahlberg, Vera. (1991). *A Child's Journey Through Placement*. Perspectives Press.

Gray, Deborah. (2007). *Nurturing Adoptions: Creating Resilience After Neglect and Trauma*. Perspectives Press.

Hicks, Stephen & Janet McDermott. (1999) *Lesbian and Gay Fostering and Adoption: Extraordinary Yet Ordinary*. Jessica Kingsley Publishers.

Hughes, Daniel. (2000) *Facilitating Developmental Attachment: the Road to Emotional Recovery and Behavioural Change in Foster and Adopted Children*. Rowman and Littlefield Publishing Incorporated.

James, Arleta. (2009) *Brothers and Sisters in Adoption: Helping Children Navigate Relationships When New Kids Join the Family*. Perspectives Press Incorporated.

Javier, Rafael. (2007) *Handbook of Adoption: Implications for Researchers, Practitioners, and Families*. Sage Publications Incorporated,

Levy, Terry & Michael Orlans. (1998) *Attachment, Trauma, and Healing: Understanding and Treating Attachment Disorder in Children and Families*. Child Welfare League of American Press.

Riley, Debbie & John Meeks. (2005) *Beneath the Mask: Understanding Adopted Teens*. C.A.S.E. Publications.

Schwartz, Lita Linzer. (2006) *When Adoptions Go Wrong: Psychological and Legal Issues of Adoption Disruption*. Haworth Press Incorporated.

Siegel, Daniel & Mary Hartzell (2003) *Parenting from the Inside Out*. Penguin Groups (USA) Inc.

*Ten Top Tips for Finding Families*, Jennifer Cousins, British Association for Adoption & Fostering, [www.baaf.org.uk/res/pubs/books/book\\_tttff.shtml](http://www.baaf.org.uk/res/pubs/books/book_tttff.shtml)

*The Colours in Me*, a publication by BAAF, 2008. Unique collection of poetry, prose and artwork by adopted children and young people. It is a must-read not only for adopted people and their parents, but also for social workers, psychologists, teachers and anyone seeking to understand what it is like to be adopted. To find out more, visit: [www.baaf.org.uk/res/pubs/books/book\\_coloursme.shtml](http://www.baaf.org.uk/res/pubs/books/book_coloursme.shtml)

## Planning and Preparing

**for Adoption** (retrieved from the Adoption Council of Canada website—[www.adoption.ca](http://www.adoption.ca)):

Brennan, Deborah. (2008). *Labours of Love: Canadians Talk about Adoption*. An honest look at what it means to be an adoptive parent, an adoptee, and a birth parent. To learn more about this new and exciting resource in adoption, visit: [www.laboursoflove.ca](http://www.laboursoflove.ca)

Johnston, Patricia Irwin. *Adopting: Sound Choices, Strong Families*. Indianapolis, IN: Perspectives Press, January 2008.

Johnston, Patricia Irwin. *Launching a Baby's Adoption: Practical Strategies for Parents and Professionals*. Indianapolis, IN: Perspectives Press, 1998.

Maskew, Trish. *Our Own: Adopting and Parenting the Older Child*. Longmont, CO: Snowcap Press, 1999.

Melina, Lois Ruskai. *Making Sense of Adoption: a Parent's Guide*. New York: Harper Collins, 1989.

Melina, Lois Ruskai and Sharon Kaplan Roszia. *The Open Adoption Experience: a Complete Guide for Adoptive and Birth Families—from Making the Decision through the Child's Growing Years*. New York: HarperPerennial, 1993.

Robinson, Grace. *Older Child Adoption*. New York: Crossroad Publishing, 1998.

Schooler, Jayne. *The Whole Life Adoption Book: Realistic Advice for Building a Healthy Adoptive Family*. Colorado Springs: Pinon, 1993.

Webber, Marlene. *As If Kids Mattered: What's Wrong in the World of Child Protection and Adoption*. Toronto: Key Porter, 1998.

## Parenting Adopted Children

(retrieved from the Adoption Council of Canada website—[www.adoption.ca](http://www.adoption.ca)):

Brennan, Deborah. (2008). *Labours of Love: Canadians Talk about Adoption*. An honest look at what it means to be an adoptive parent, an adoptee, and a birth parent. To learn more about this new and exciting resource in adoption, visit: [www.laboursoflove.ca](http://www.laboursoflove.ca)

Crook, Marion. *The Face in the Mirror: Teenagers and Adoption*. Vancouver: Arsenal Pulp Press, 2000. Completely new edition.

Duxbury, Mickey. *Making Room in our Hearts: Keeping Family Ties Through Open Adoption*. Published by CRC Press, 2007.

Hopkins-Best, Mary. *Toddler Adoption: the Weaver's Craft*. Indianapolis: IN: Perspectives Press, 1997.

Keefer, Betsy and Jayne Schooler. *Telling the Truth to your Adopted or Foster Child: Making Sense of the Past*. Westport, CT: Bergin & Garvey, 2000.

Melina, Lois Ruskai. *Raising Adopted Children: Practical Reassuring Advice for Every Adoptive Parent*. New York: HarperPerennial, 1998. Revised edition.

Pavao, Joyce Maguire. *The Family of Adoption*. Boston: Beacon Press, 1998.

Schaffer, Judith and Christina Lindstrom. *How to Raise an Adopted Child: a Guide to Help your Child Flourish from Infancy through Adolescence*. New York: Copestone, 1989.

Van Gulden, Holly and Lisa Bartels-Rabb. *Real Parents, Real Children: Parenting the Adopted Child*. New York: Crossroad, 1995.

Watkins, Mary and Susan Fisher. *Talking with Young Children about Adoption*. New Haven, Conn.: Yale University Press, 1993.

Foli, Karen & Thompson, John (2004). *The Post Adoption Blues: Overcoming the Unforeseen Challenges of Adoption*.

James, Arleta. *Brothers and Sisters in Adoption*. Perspective Press Inc. (2009), Indianapolis, Indiana.

Schooler, Jayne (2009). *Wounded Children, Healing Homes: How Traumatized Children Impact Adoptive and Foster Families*.

Jarrett, Claudia (1978). *Adopting the Older Child*.

Keck, Gergory (2009). *Parenting Adopted Adolescents: Understanding and Appreciating Their Journeys*.

### Psychology of Adoption

(retrieved from the Adoption Council of Canada website—[www.adoption.ca](http://www.adoption.ca)):

Brodzinsky, David, Marshall Schecter and Robin Henig. *Being Adopted: the Lifelong Search for Self*. Anchor, 1993.

Brodzinsky, David and Marshall Schecter. *The Psychology of Adoption*. New York: Oxford University Press, 1993.

Ito, Susan and Tina Cervin. *A Ghost at Heart's Edge: Stories and Poems of Adoption*. Berkeley, CA: North Atlantic Books, 1999.

Johnston, Patricia Irwin. *Perspectives on a Grafted Tree: Thoughts for those touched by Adoption*. Indianapolis: IN: Perspectives Press, 1983.

Lifton, Betty Jean. *Journey of the Adopted Self: a Quest for Wholeness*. Basic Books, 1995.

Verrier, Nancy. *The Primal Wound: Understanding the Adopted Child*. Lafayette, CA: Nancy Verrier, 1993.

McCreight, Brenda. *Attachment Disorder and the Adoptive Family*

### International/Transracial Adoption

(some resources were retrieved from the Adoption Council of Canada website—[www.adoption.ca](http://www.adoption.ca)):

Fancott, Harriet. *Raising Healthy Multiracial Adoptive Families: a Question and Answer Guide for Adoptive Parents*. Vancouver: Adoptive Families Association of British Columbia, 1999.

Johnson, Kay Ann. *Wanting a Daughter, Needing a Son: Abandonment, Adoption, and Orphanage Care in China*. Yeong & Yeong Book Company, 2004.

Klatzkin, Amy. *A Passage to the Heart: Writings from Families with Children from China*. St. Paul, MN: Yeong & Yeong., 1999.

Register, Cheri. *Are Those Kids Yours? American Families with Children Adopted from Other Countries*. New York: Free Press, 1991.

Rothman, Barbara Katz. (2005). *Weaving a Family: Untangling Race and Adoption*. Beacon Press.

Steinberg, Gail and Beth Hall. *Inside Transracial Adoption: Strength-based, Culture-sensitizing Parenting Strategies for Intercountry or Domestic Families that don't Match*. Indianapolis, IN: Perspectives Press, 2000.

Wright, Marguerite. (2000). *I'm Chocolate, You're Vanilla: Raising Healthy Black and Biracial Children in a Race-Conscious World*. Jossey-Bass.

### Special Needs Adoption

(retrieved from the Adoption Council of Canada website—www.adoption.ca):

Edelstein, Susan. *Children with Prenatal Alcohol and/or Other Drug Exposure: Weighing the Risks of Adoption*. Washington, D.C.: CWLA Press, 1995. Child Welfare League of America.

Graefe, Sara. *Parenting Children affected by Fetal Alcohol Syndrome: a Guide for Daily Living*. Vancouver: Society of Special Needs Adoptive Parents. 1998. Revised edition. Also available in French.

Keck, Gregory and Regina Kupecky. *Adopting the Hurt Child: Hope for Families with Special-needs Kids: a Guide for Parents and Professionals*. Colorado Springs, Col.: Pinon, 1995.

Ziegler, Dave. *Raising Children who refuse to be Raised: Parenting Skills and Therapy Interventions for the most Difficult Children*. Jasper, OR: Acacia Press, 2000. (For dealing with all troubled children)

### Birth parent and Reunion Issues

(some of this information was retrieved from the Adoption Council of Canada website—www.adoption.ca)

Askin, Jane. *Search: A Handbook for Adoptees and Birthparents*, 2nd ed. 2000.

Begley, Vincent. *Missing Links*. 1989.

Brennan, Deborah. (2008). *Labours of Love: Canadians Talk about Adoption*. An honest look at what it means to be an adoptive parent, an adoptee, and a birth parent.

Brodzinsky, David. *Being Adopted: The Lifelong Search for Self*.

Covington, Vicki. *Gathering Home*. The university of Alabama Press.

Dorner, Patricia Martinez. *How To Open An Adoption: A guide from parents and birthparents of minors*.

Eldridge, Sherrie. *Twenty Thing Adopted Kids Wish Their Adoptive Parents know*. Dell Publishing, 1999.

Forge, Leslie and Gail Mosconi. *The Third Choice: a Woman's Guide to Placing a Child for Adoption*. Berkeley, CA: Creative Book Company, 1999.

Franklin, Lynne and Elizabeth Ferber. *May the Circle be Unbroken: an Intimate Journey into the Heart of Adoption*. New York: Three Rivers Press, 1998.



Griffith, Keith C. *Right to Know Who You Are: Reform of Adoption Law With Honest, Openness and Integrity*.

Gritter, James L. *The Spirit of Open Adoption*, CWLA Press (Child Welfare League of America), 1997.

Hern, Katie and Ellen Carlson. *Reunion: a Year in Letters between a Birthmother and the Daughter she couldn't Keep*. Seattle, WA: Seal Press, 1999.

Lifton, Betty Jean. *Journey of the Adopted Self, A Quest for Wholeness*. Basicbooks, 1994.

Lifton, Betty Jean. *Lost & Found: the Adoption Experience*. New York: Harper Collins, 1988. Revised edition.

Marcus, Clare. *Adopted? A Canadian Guide for the Adopted Adults in Search of Their Origins*, 1979.

Marcus, Clare. *Who is My Mother? Birth Parents, Adoptive Parents and Adoptees Talk About Living With Adoption and the Search for Lost Family*. Gage Distribution Co., 1981.

McColm, Michelle. *Adoption Reunions: A Book for Adoptees, Birth Parents and Adoptive Families*.

McKelvey, Carole A. McKelvey. *Adoption Crisis: The Truth Behind Adoption and Foster Care*, 1994.

Melina, Lois. *Open Adoption Experience: Complete Guide for Adoptive and Birth Families*, 1993.

Oustin, Rick. *Finding Family*. 1994.

Rappaport, Bruce M. *Open Adoption Book: A Guide to Adoption Without Tears*. Macmillan Publishing Company, 1992.

Redmond, Wendie & Sherry Sleight-holm. *Once Removed: Voices from Inside the Adoption Triangle*. McGraw- Hill- Ryerson Limited, 1982.

Siber, Kathleen and Patricia Martinez Dorner. *Children of Open Adoption and Their Families*, 1990.

Strauss, Jean A. *Birthright: The Guide to Search and Reunion for Adoptees, Birth Parents & Adoptive Parents*: Penguin Group, 1994.

### Books for Children

(retrieved from the Adoption Council of Canada website—[www.adoption.ca](http://www.adoption.ca)):

Adoption Clubhouse:  
[www.adoptionclubhouse.org](http://www.adoptionclubhouse.org)

*A Child Is a Child*, by Brigitte Weninger: <http://specialedandme.wordpress.com/2009/01/01/a-child-is-a-child-by-brigitte-weninger>

*What is Adoption: Helping Non-Adopted Children Understand Adoption*: [www.whatisadoption.com](http://www.whatisadoption.com)

*Richmond, Marianne. I Wished For You: An Adoption Story*. (2010: Sourcebooks Inc.)

# CENTRAL REGION

## Advocacy

### **Accessible Nova Scotia**

1 (866) 696-7536 (toll free)

info@accessiblens.ca

www.accessiblens.ca

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

### **Deafness Advocacy Association of Nova Scotia**

1666 Hollis Street, Suite 803

Halifax, NS B3J 1V7

425-0240

TTY/videophone: 425-0119

Fax: 429-9312

daans@ns.sympatico.ca

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

### **Early Intervention Programs Nova Scotia**

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

### **Equal Education Association of Nova Scotia**

860-1759

info@eeans.com

www.eeans.com

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

### **Nova Scotia Disabled Persons Commission**

Dartmouth Professional Centre

277 Pleasant Street, Suite 104

Dartmouth, NS B2Y 4B7

424-8280

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

www.gov.ns.ca/disability

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

**SpecialLink: The National Centre for Child Care Inclusion**

76 Cottage Road  
 PO Box 775  
 Sydney, NS B1P 6G9  
 562-1662  
 1 (866) 902-6333 (toll free)  
 Fax: 539-9117  
[www.speciallinkcanada.org](http://www.speciallinkcanada.org)

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

## Child Development

**Alexandra Children's Centre**

3405 Devonshire Avenue  
 Halifax, NS B3K 3M3  
 422-5435  
 Fax: 453-2232

*Child care for ages 18 months to five years.*

**Child Care Connection Nova Scotia**

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

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

**Cunard Street Children's Centre**

5557 Cunard Street  
 Halifax, NS B3K 1C5  
 423-6799

*Child-care services.*

**Dartmouth Day Care Centre**

28 Caledonia Road  
 Dartmouth, NS B2W 4R4  
 434-2865

*Child-care services.*

**Dartmouth Day Care Centre**

33 Crichton Avenue  
 Dartmouth, NS B2Y 1P1  
 469-3739

*Child-care services.*

**Dartmouth Developmental Centre**

Physical address: 182 Wyse Road,  
 Dartmouth, NS

Mailing address: 1A Boland Road  
 Dartmouth, NS B3A 1M9  
 461-0551

Fax: 463-0037  
[ddc@ns.aliantzinc.ca](mailto:ddc@ns.aliantzinc.ca)

*Inclusive child-care program for children with special needs.*

*Ages three months to five years.*

**East Preston Day Care**

1799 Highway #7  
 East Preston, NS B2Z 1E9  
 462-0054

Fax: 462-5744

[eastprestondaycare@hotmail.com](mailto:eastprestondaycare@hotmail.com)

Day care and preschool for ages six months to five years.

**Halifax Association for Community Living—Halifax Developmental Pre-School**

2557 Maynard Street  
Halifax, NS B3K 3V6  
423-4702  
Fax: 463-5007  
www.halifaxacl.com

*Inclusive preschool program for children with special needs. Ages 18 months to six years.*

**Little Ladybugs Child Care Centre**

6036 Coburg Road  
Halifax, NS B3H 1Y9  
492-1986  
Tanya Dalton

*Child-care program for children ages 18 months to five years. Chinese language and culture programs provided.*

**Point Pleasant Child Care Centre**

5651 Ogilvie Street  
Halifax, NS B3H 1B9  
422-2293  
Fax: 422-0696  
ppccc@ns.sympatico.ca  
www.pppccc.ca

**Sackville Family Day Care Association**

22 Memory Lane  
Lower Sackville, NS B4C 2J3  
864-6363  
Fax: 864-4998  
children@accesswave.ca  
www.memorylanefamilyplace.com

*Places children in approved family day care homes. Ages eight weeks to 12 years.*

**St. Joseph's Children's Centre**

2326 Brunswick Street  
Halifax, NS B3K 2Z3  
422-8441

*Child care for ages 18 months to 12 years.*

**Wee Care Centre**

Bridget R. (Delia) Edwards  
Memorial Building  
5217 Young Street  
Halifax, NS B3K 6A6  
455-1081  
administration@weecareforkids.ca  
www.weecareforkids.ca

*Therapeutic care for children with special needs, ages six months to six years.*

# Education

## **Academic Associates of Atlantic Tutoring**

15 Birkdale Crescent  
Halifax, NS B3M 1H4  
443-0832

Provides tutoring in most academic subjects to both children and adults.

## **Bridgeway Academy**

3 Valleyford Avenue  
Dartmouth, NS B2X 1W8  
464-0134

[www.bridgeway-academy.com](http://www.bridgeway-academy.com)

*Day school for children with learning disabilities.*

## **Churchill Academy**

5 Crichton Avenue  
Dartmouth, NS B2Y 1P1  
446-3410

Fax: 464-9061

[info@churchillacademy.ca](mailto:info@churchillacademy.ca)

[www.churchillacademy.ca](http://www.churchillacademy.ca)

*School for those with ADD, ADHD, and other learning disabilities at a variety of grade levels.*

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

CP 88

Saulnierville, NE B0W 2Z0  
9248 Route 1, La Butte  
Meteghan River, NE B0W 2L0  
769-5458

1 (888) 533-2727 (toll free)

Fax: 769-5459

[www.csap.ednet.ns.ca](http://www.csap.ednet.ns.ca)

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

## **Equal Education Association of Nova Scotia**

860-1759

[info@eeans.com](mailto:info@eeans.com)

[www.eeans.com](http://www.eeans.com)

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

## **Halifax Regional School Board**

90 Alderney Drive  
Dartmouth, NS B2Y 4S8  
464-2000

Fax: 464-2420

[www.hrsb.ns.ca](http://www.hrsb.ns.ca)

*Administers and supports the public school system of Halifax Regional Municipality.*

## **Homes for Independent Living**

2505 Oxford Street  
Halifax, NS B3L 2T5  
422-9591 or 423-5277

[hil@hfx.eastlink.ca](mailto:hil@hfx.eastlink.ca)

[www.nsnet.org/hil](http://www.nsnet.org/hil)

*Offers programs, training, accommodations, and services that support young adults with physical disabilities who are striving to live more independently in the community.*

**Oxford Learning**

6270 Quinpool Road  
 Halifax, NS B3L 1A3  
 423-4484  
 Fax: 453-6516  
[halifax@oxfordlearning.com](mailto:halifax@oxfordlearning.com)  
<http://halifax.oxfordlearning.com>  
 Tutoring for ages 3 to 18.

**Sylvan Learning Centre**

1378 Bedford Highway  
 Bedford, NS B4A 1E2  
 422-7323 or 835-1768  
 Fax: 835-1779  
[sylvan.info@ns.aliantzinc.ca](mailto:sylvan.info@ns.aliantzinc.ca)  
[www.educate.com](http://www.educate.com)  
<http://tutoring.sylvanlearning.com/Bedford/index.cfm>  
 Tutoring for grades pre-K to 12.

## Financial Services

**Canada Revenue Agency**

Ralston Building  
 1557 Hollis Street  
 PO Box 638  
 Halifax, NS B3J 2T5  
 1 (800) 387-1193 (toll free)  
 Fax: 426-7170  
[www.cra-arc.gc.ca](http://www.cra-arc.gc.ca)  
*Provides information on child and family tax benefits.*

**Nova Scotia Department of Community Services—Income Assistance**

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

**Q104 Children’s Trust Fund**

2900 Agricola Street  
 Halifax, NS B3K 6B2  
 493-2752  
*A program providing financial assistance to children with serious medical needs.*

# Government Departments and Agencies

## **Access Nova Scotia—Dartmouth**

Service Nova Scotia and Municipal  
Relations

250 Baker Drive  
Russell Lake, West  
Dartmouth, NS B2W 6A3  
1 (800) 670-4357 (toll free).  
askus@gov.ns.ca  
www.gov.ns.ca/snsmr

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

## **Access Nova Scotia—Halifax**

Service Nova Scotia and Municipal  
Relations

300 Horseshoe Lake Drive  
Bayers Lake Business Park  
Halifax, NS B3S 0B7  
1 (800) 670-4357 (toll free)  
askus@gov.ns.ca  
www.gov.ns.ca/snsmr

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

## **Access Nova Scotia—Lower Sackville**

Service Nova Scotia and Municipal  
Relations

486 Sackville Drive  
Lower Sackville, NS B4C 2R8  
1 (800) 670-4357 (toll free)  
askus@gov.ns.ca  
www.gov.ns.ca/snsmr

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

## **Halifax Regional Municipality Information Line**

PO Box 1749  
Halifax, NS B3J 3A5  
490-4000  
TTY/TDD: 490-6645  
1 (800) 835-6428 (toll free in  
Nova Scotia)  
www.halifax.ca

*Information about services and  
resources in the Halifax Regional  
Municipality.*

## **Indian and Northern Affairs, Adoption Team**

Indian Registration and Band List  
Department of Indian and Northern  
Development  
Ottawa, Ontario K1A 0H4  
1 (800) 567-9604 or 1 (819) 953-0960  
infopubs@ainc-inac.gc.ca

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

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

111 Membertou Street  
 PO Box 179  
 Shubenacadie, NS B0N 2H0  
 758-3553  
 1 (800) 263-8686 (toll free)  
 Fax: 758-2390

**Nova Scotia Department of Community Services—Adoption Disclosure Service Program**

Halifax District Office  
 6009 Quinpool Road, Suite 701  
 Halifax, NS B3K 5J7  
 424-2755  
 Fax: 422-9424

[www.gov.ns.ca/coms](http://www.gov.ns.ca/coms): Select "Support for Children, Youth & Families," then "Adoption," and then "Adoption Disclosure."

*Maintains a Passive Adoption Registry and conducts searches for adoptees and birth families and assists with issues related to the Adoption Information Act.*

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

2131 Gottingen Street  
 PO Box 2623  
 Halifax, NS B3J 3P7  
 424-4754  
 Fax: 424-5115  
[www.gov.ns.ca/coms](http://www.gov.ns.ca/coms)

**Nova Scotia Department of Community Services—Cole Harbour District Office**

Cole Harbour Place  
 51 Forest Hills Parkway  
 Box 1  
 Dartmouth, NS B2W 6C6  
 435-7472  
 Fax: 462-5527  
[www.gov.ns.ca/coms](http://www.gov.ns.ca/coms)

**Nova Scotia Dept of Community Services—PRIDE, Central Region**

Dartmouth Professional Centre  
 277 Pleasant Street  
 Dartmouth, NS B2Y 4B7  
 435-8077

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

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

Dartmouth Professional Centre,  
 Suite 400  
 277 Pleasant Street  
 Dartmouth, NS B2Y 4B7  
 424-3298  
 Fax: 424-0625  
[www.gov.ns.ca/coms](http://www.gov.ns.ca/coms)



**Nova Scotia Department of  
Community Services—Persons  
with Disabilities**

5675 Spring Garden Road  
PO Box 696  
Halifax, NS B3J 2T7  
424-0932  
Fax: 424-0708

[www.gov.ns.ca/coms/disabilities](http://www.gov.ns.ca/coms/disabilities)

*Provides support and services to both children and adults with disabilities who live at home with their families.*

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

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

[www.gov.ns.ca/coms](http://www.gov.ns.ca/coms)

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

2131 Gottingen Street  
PO Box 2561  
Halifax, NS B3J 3N5  
424-6679  
Fax: 424-7714

[www.gov.ns.ca/coms](http://www.gov.ns.ca/coms)

*Family and children's services,  
and day-care services.*

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

PO Box 1513  
Halifax, NS B3J 2Y3  
424-1980  
Fax: 424-8240

[www.gov.ns.ca/coms](http://www.gov.ns.ca/coms)

*Services for people with disabilities,  
in-home support program, and  
family maintenance income  
support program.*

**Nova Scotia Department of  
Community Services—  
Halifax District Office #3**

Willow Tree Tower  
6009 Quinpool Road, 4th Floor  
Halifax, NS B3K 5J7  
425-5420  
Fax: 422-9424

[www.gov.ns.ca/coms](http://www.gov.ns.ca/coms)

*Child welfare services.*

**Nova Scotia Department of  
Community Services—  
Lakeside Office (Satellite Office)**

1492 St. Margaret's Bay Road  
PO Box 190  
Lakeside, NS B3T 1M6  
876-0580  
Fax: 424-8111

[www.gov.ns.ca/coms](http://www.gov.ns.ca/coms)

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

Royal Bank Building  
44 Portland Street, 4th Floor  
PO Box 857  
Dartmouth, NS B2Y 3Z5  
424-1600  
Fax: 424-1629  
[www.gov.ns.ca/coms](http://www.gov.ns.ca/coms)

*Income assistance and services for  
people with disabilities.*

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

40 Freer Lane, Suite 3400  
Sackville, NS B4C 0A2  
869-3600  
Fax: 864-4669  
[www.gov.ns.ca/coms](http://www.gov.ns.ca/coms)

**Nova Scotia Department  
of Community Services—Sheet  
Harbour Office (Satellite Office)**

PO Box 52  
Sheet Harbour, NS B0J 3B0  
885-2974  
Fax: 885-3497  
[www.gov.ns.ca/coms](http://www.gov.ns.ca/coms)

**Nova Scotia Office of  
the Ombudsman**

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

*Handles complaints against  
provincial and municipal government  
agencies and departments.*

**Service Canada Call Centre**

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

*Primary access point to find  
information on federal  
government services.*

**Service Canada—Bedford Office**

Royal Bank Building, 2nd Floor  
1597 Bedford Highway  
Bedford, NS B4A 1E7  
426-7698  
TTY: 1 (800) 537-9573 (toll free)  
Fax: 426-5552  
[www.servicecanada.gc.ca](http://www.servicecanada.gc.ca)

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

**Service Canada—Dartmouth Office**

Belmont House, 3rd Floor  
 33 Alderney Drive  
 Dartmouth, NS B2Y 2N4  
 1 (800) 622-6232 (toll free)  
 TTY: 1 (800) 537-9573 (toll free)  
 Fax: 426-7301  
[www.servicecanada.gc.ca](http://www.servicecanada.gc.ca)

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

**Service Canada—Halifax Office**

Halifax Shopping Centre  
 Mumford Towers, Tower 2  
 7001 Mumford Road  
 Halifax, NS B3J 3V1  
 1 (800) 622-6232 (toll free)  
 TTY: 1 (800) 537-9573 (toll free)  
 Fax: 426-7690  
[www.servicecanada.gc.ca](http://www.servicecanada.gc.ca)

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

**Service Nova Scotia and Municipal Relations—Public Enquiries**

Mailroom, 8 South, Maritime Centre  
 1505 Barrington Street  
 Halifax, NS B3J 3K5  
 424-5200  
 1 (800) 670-4357 (toll free)  
 Fax: 424-0720  
[askus@gov.ns.ca](mailto:askus@gov.ns.ca)  
[www.gov.ns.ca/snsmr/secure/  
 contact/Default.asp?bhcp=1](http://www.gov.ns.ca/snsmr/secure/contact/Default.asp?bhcp=1)

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

**International Services****Children of Choice Consulting**

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

*Specializes in international adoptions.*

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

International Adoption Information  
 1 (888) 242-2100 (toll free)  
 TTY: 1 (888) 576-8502 (toll free)  
[www.cic.gc.ca](http://www.cic.gc.ca): Enter into language  
 of choice and then click on “Internation-  
 al Adoption” under “Visas and  
 Immigration.”

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

Karn Nichols or Judy Anderson  
 479-2442  
[fccns@eastlink.ca](mailto:fccns@eastlink.ca)

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

**Family Foundations Consulting**

P.O. Box 28042  
 Dartmouth, NS B2W 6E2  
 456-5053  
[donelda@  
 familyfoundationsconsulting.com](mailto:donelda@familyfoundationsconsulting.com)  
 Donelda MacDonald, social work

practitioner who specializes in International Adoption

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

### **Multicultural Association of Nova Scotia**

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

Fax: 422-0881

admin@mans.ns.ca  
www.mans.ns.ca

*Information and advocacy for multicultural groups within Nova Scotia.*

### **Nova Scotia Human Rights Commission**

Joseph Howe Building  
1690 Hollis Street, 6th Floor  
PO Box 2221  
Halifax, NS B3J 3C4  
424-4111

Fax: 424-0596

hrcinquiries@gov.ns.ca  
www.gov.ns.ca/humanrights

*Addresses complaints of discrimination and provides cultural diversity training.*

## Legal Services

### **Dalhousie Legal Aid Service**

2209 Gottingen Street  
Halifax, NS B3K 3B5  
423-8105

Fax: 422-8067

legalaid@dal.ca

<http://law.dal.ca>: Select “Institutes” on left menu and then “Dalhousie Legal Aid Service.”

### **Legal Information Society of Nova Scotia**

Lawyer Referral Service—Dial-A-Law—Legal Info Line  
5523B Young Street  
Halifax, NS B3K 1Z7

455-3135 (legal information and lawyer referral service)

1 (800) 665-9779 (toll-free number for the above services)

454-2198 (administration, publications, and projects)

420-1888 (Dial-A-Law)

Fax: 455-3105

lisns@legalinfo.org

www.legalinfo.org

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

### **Nova Scotia Barristers’ Society**

Cogswell Tower, Suite 800  
2000 Barrington Street  
Halifax, NS B3J 3K1  
422-1491

Fax: 429-4869

www.nsbs.org

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

### **Nova Scotia Legal Aid**

[www.nslegalaid.ca](http://www.nslegalaid.ca)

*Provides legal assistance for family law matters to those who qualify.*

*To locate a legal aid office near you, please refer to the 'Contact Us' page on this website.*

### **Nova Scotia Legal Aid Commission —Head Office**

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

### **Nova Scotia Supreme Court— Family Division**

3380 Devonshire Avenue  
PO Box 8988, Station A  
Halifax, NS B3K 5M6  
424-3990  
Fax: 424-0562  
[www.courts.ns.ca](http://www.courts.ns.ca)

*Deals with all family law court matters in the Halifax Regional Municipality. Clients of the court who require family mediation services must be referred through the court.*

## Mental Health

### **Addiction Prevention and Treatment Services**

Simpson Hall  
Nova Scotia Hospital  
300 Pleasant Street  
Dartmouth, NS B2Y 3Z6  
424-8866  
1 (866) 340-6700 (toll free outside  
of HRM)  
Fax: 424-0627  
[www.cdha.nshealth.ca](http://www.cdha.nshealth.ca)

*Helps people who are dealing with use and abuse of drugs, alcohol, and gambling. There are programs for men, women, youth (ages 13 to 19), and families.*

### **Al-Anon and Al-Ateen**

PO Box 153  
Dartmouth, NS B2Y 3Y3  
466-7077  
1 (888) 425-2666 (toll free)  
[www.freewebs.com/alanonmaritimes](http://www.freewebs.com/alanonmaritimes)

*Support group for people whose lives have been affected by the alcoholism of a family member or friend.*

### **Canadian Mental Health Association—Halifax/Dartmouth Branch**

Bloomfield Centre, Room 216  
2786 Agricola Street  
Halifax, NS B3K 4E1  
902-455-5445  
Fax: 902-455-7858  
[cmhahal@ns.aliantzinc.ca](mailto:cmhahal@ns.aliantzinc.ca)

**Canadian Mental Health Association—Nova Scotia Division**

63 King Street  
 Dartmouth, NS B2Y 2R7  
 466-6600  
 1 (877) 466-6606 (toll free)  
 Fax: 466-3300  
 cmhans@eastlink.ca  
 www.novascotia.cmha.ca

*Mental health promotion agency; does not offer counselling services.*

**CORE—Community Oriented Recovery Environment**

3rd Floor, Simpson Hall  
 Nova Scotia Hospital  
 300 Pleasant Street  
 Dartmouth, NS B2Y 3Z6  
 424-8866  
 Fax: 424-0627

*Helps individuals, families, and communities dealing with the harm associated with the use and abuse of alcohol, drugs, and gambling.*

**IWK Health Centre—Community Mental Health**

Clinics located in Dartmouth, Halifax and Sackville  
 464-4110 (Central Referral)  
*Must have referral through Central Referral.*

**Nova Scotia Hospital**

300 Pleasant Street  
 PO Box 1004  
 Dartmouth, NS B2Y 3Z9  
 464-3111  
 Fax: 464-6032  
 www.cdha.nshealth.ca: Select “Hospitals/Health Centres” from left menu and then “The Nova Scotia Hospital” from drop-down menu.  
*Provides a broad range of mental health programs.*

**Twin Oaks/Birches Continuing Care Centre**

7702 Highway #7  
 Musquodoboit Harbour, NS B0J 2L0  
 889-4110  
 Fax: 889-4144  
 Sheila Martin, health services director, sheila.martin@cdha.nshealth.ca  
 www.cdha.nshealth.ca

# Physical Health

## **Brain Tumour Foundation of Canada**

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

*Brain tumour support group.*

## **Canadian Red Cross**

www.redcross.ca

*Select 'Contact Us' and scroll down to Atlantic Zone Office. Click on 'Offices within Atlantic Canada' and scroll down to Nova Scotia Region where you will find an office near you.*

## **Capital Health—QEII Health Sciences Centre**

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

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

*The largest health sciences centre in Atlantic Canada.*

## **Cobequid Community Health Centre**

40 Freer Lane  
Lower Sackville, NS B4C 0A2  
869-6100  
www.cdha.nshealth.ca: Select "Hospitals/Health Centres" on the left side of screen.

*Emergency department open from 7 am to 10 pm, seven days a week.*

## **Dartmouth General Hospital**

325 Pleasant Street  
Dartmouth, NS B2Y 4G8  
465-8300 (switchboard)  
Fax: 465-8537

www.cdha.nshealth.ca: Select "Hospitals/Health Centres" on the left side of screen.

*Contains 24-hour emergency department.*

## **Directory of Family Physicians Accepting New Patients**

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

## **Directory of French Speaking Primary Health Care Providers**

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

## **Doctors Nova Scotia**

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

*Professional association of Nova Scotia's doctors.*

**Eastern Shore Memorial Hospital**

22637 Highway #7  
 Sheet Harbour, NS B0J 3B0  
 885-2554  
 Fax: 885-3200  
 www.cdha.nshealth.ca: Select  
 "Hospitals/Health Centres" on  
 the left side of screen.

**Walk-in Clinics in Nova Scotia**

www.doctorsns.com/en/home/  
 healthcarefacilitiesandservices/  
 walkinclinics.aspx

*This is not a complete list of walk-in  
 clinics across Nova Scotia*

**Halifax Allergy & Asthma Associates**

5991 Spring Garden Road, Suite 520  
 Halifax, NS B3H 1Y6  
 425-3927

*Family doctor referral required.*

**Health Canada**

Maritime Centre  
 1505 Barrington Street, Suite 1525  
 Halifax, NS B3J 3Y6  
 426-2038

1 (866) 225-0709 (toll-free general  
 inquiry line)

Fax: 426-3768  
 info@hc-sc.gc.ca  
 www.hc-sc.gc.ca

*Deals with any matter within the  
 jurisdiction of Health Canada.*

**Health Promotion Clearinghouse—  
 Nova Scotia**

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

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

**IWK Health Centre**

5850/5980 University Avenue  
 PO Box 9700  
 Halifax, NS B3K 6R8  
 470-8888 (switchboard)  
 Fax: 470-6790  
 feedback@iwk.nshealth.ca (general  
 inquiries only)  
 www.iwk.nshealth.ca

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

**IWK Health Centre—Child Safety  
 Link**

5850/5980 University Avenue  
 PO Box 9700  
 Halifax, NS B3K 6R8  
 470-6496  
 1 (866) 288-1388 (toll free outside  
 Halifax)  
 Fax: 470-6774  
 childssafetylink@iwk.nshealth.ca  
 www.childssafetylink.ca

*Poison prevention information and  
 other injury prevention information.*



**IWK Regional Poison Centre**

5850 University Avenue

PO Box 9700

Halifax, NS B3K 6R8

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

470-8161 (Halifax-only  
emergency line)

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

Fax: 470-7213

*Toll-free, 24-hour poison information  
service.*

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

1 (800) 668-7682 (toll free in

Nova Scotia)

info@ns.lung.ca

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

**Lung Association of Nova Scotia  
Provincial Office**

6331 Lady Hammond Road

Halifax, NS B3K 2S2

443-8141

Fax: 445-2573

info@ns.lung.ca

www.ns.lung.ca

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

**Medical Services Insurance (MSI)**

Physical location: 230 Brownlow Ave  
Dartmouth, NS

Mailing address: PO Box 500

Halifax, NS B3J 2S1

496-7008

1 (800) 563-8880 (toll free)

Fax: 481-3160 (registration)

msienquiry@medavie.bluecross.ca

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

*Provides eligible residents with  
coverage for medically required  
health services.*

**Musquodoboit Valley Memorial  
Hospital**

492 Archibald Brook Road

Middle Musquodoboit, NS B0N 1X0

384-2220

Fax: 384-3310

*www.cdha.nshealth.ca: Select  
“Hospitals/Health Centres” on the  
left side of screen.*

**North End Community Health Centre**

2165 Gottingen Street

Halifax, NS B3K 3B5

420-0303

Fax: 422-0859

northend@nehc.com

www.nehc.com

*Range of health services. Physicians  
available during regular office hours  
and some evenings.*

**Nova Scotia Department of Health and Wellness**

PO Box 488  
 Halifax, NS  
 T: 902-424-5818  
 Toll Free in NS: 1-800-387-6665  
 TTY/TDD: 1 -800-670-8888  
[www.gov.ns.ca/dhwl](http://www.gov.ns.ca/dhwl)

**Nova Scotia Rehabilitation Centre**

1341 Summer Street  
 Halifax, NS B3H 1K1  
 473-2700 (main switchboard to all hospitals; you will have to tell the operator which department or doctor you wish to speak with)  
[www.cdha.nshealth.ca](http://www.cdha.nshealth.ca): Click "Hospitals/Health Centres" on left, then "Queen Elizabeth II Health Sciences Centre." Click "Nova Scotia Rehabilitation Centre" under "Victoria General site buildings" on right side of centre of page.

*Cross-disability rehabilitation facility.*

**Respiratory Services/Asthma Clinic**

Cobequid Community Health Centre  
 40 Freer Lane  
 Lower Sackville, NS B4C 0A2  
 869-6140  
 Fax: 865-6073  
 Donna Haverstock, RN, CAE, donna.haverstock@cdha.nshealth.ca  
[www.cdha.nshealth.ca](http://www.cdha.nshealth.ca)

*Patient education program for children and adults with asthma and Chronic Obstructive Pulmonary Disease (COPD).*

**Ronald McDonald House Atlantic Canada**

Friends of Children (Atlantic) Association  
 1133 Tower Road  
 Halifax, NS B3H 2Y7  
 429-4044  
 Fax: 429-8650  
[info@rmhatlantic.ca](mailto:info@rmhatlantic.ca)  
[www.rmhatlantic.ca](http://www.rmhatlantic.ca)

**Twin Oaks Memorial Hospital**

7702 Highway #7  
 Musquodoboit Harbour, NS B0J 2L0  
 889-4110  
 Fax: 889-4144  
 Sheila Martin, health services director, sheila.martin@cdha.nshealth.ca  
[www.cdha.nshealth.ca](http://www.cdha.nshealth.ca): Click "Hospitals/Health Centres" on left, then "Twin Oaks Memorial Hospital."

## Psychological Services

### **Association of Psychologists of Nova Scotia**

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

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

### **Atlantic Therapy and Assessment Centre**

1394 Bedford Highway  
Bedford, NS B4A 1E2  
832-0438

*Provides counseling services to children and families including pre and post adoption counseling; trauma and grief counseling; and family and peer relationship issues.*

### **Corkum & Associates Psychological Services Ltd.**

23 Waterstone Run  
Hammonds Plains, NS B4B 1X5  
832-0332  
Fax: 832-3682

*Family psychologist with experience working with children who have autism spectrum disorders. Dr. Corkum has a number of associates*

*who specialize in working with children. Psycho-educational testing, developmental assessments, and counselling for children, youth, and families.*

### **David Cox**

6265 Quinpool Road, Suite 202  
PO Box 31101  
Halifax, NS B3K 5T9  
454-6238  
Fax: 454-2144  
coxbeaton@eastlink.ca

*Psychological assessments.*

### **Sharon L. Cruikshank and Associates**

1938 Connaught Avenue  
Halifax, NS B3H 4E1  
420-9010  
Fax: 422-2140

### **Kristel Englund & Associates Inc.**

320 Whynachts Point Road  
Tantallon, NS B3Z 2L1  
826-2729  
Fax: 826-1921  
kenglund@eastlink.ca

*Specializes in adolescents and adoption-related issues.*

### **Family Service Association**

West End Mall  
6960 Mumford Road, Suite S14  
Halifax, NS B3L 4P1  
420-1980  
Fax: 423-9830  
admin@fshalifax.com

*Provides individual, couple, family, and group counselling.*

**Genest Psychological Services**

5739 Inglis Street  
 Halifax, NS B3H 1K5  
 492-2546  
 Fax: 423-3469  
 info@gmpsihologists.com  
 www.gmpsihologists.com

*Provides counselling, assessment, therapy, workshops, and consultations.*

**Breakthrough**

3845 Joseph Howe Drive, Suite 401  
 Halifax, NS B3L 4H9  
 455-9939  
 Fax: 454-4986  
 the.team@breakthrough.ns.ca  
 www.breakthrough.ns.ca

*Provides psychological services to children and families, including post-adoption counselling.*

**Erica Baker Psychological Services Ltd.**

1681 Cambridge Street  
 Halifax, NS B3H 4A5  
 445-3851  
 Fax: 445-1394  
 www.ericabaker.ca

*Specializes in psycho-educational, ADHD, neuropsychological and vocational assessments for children, adolescents and adults.*

**Dr. Richard G. MacGillivray and Associates**

Gladstone Professional Centre,  
 Suite 305  
 6155 North Street  
 Halifax, NS B3K 5R3  
 453-2200  
 Fax: 453-5868  
 www.halifaxpsychologicalservices.com

*Therapy for families, adults, adolescents, and children; specializes in attachment issues.*

**Dr. Karin Pure & Associates**

90 Portland Street,  
 Dartmouth, NS, B2Y 1H6  
 444-3669  
 Fax: 444-3665

*Areas of speciality are neuro-developmental disorders, learning disabilities, attention deficit disorder, autism spectrum disorder, global developmental delays, behaviour management, anxiety, depression, parenting skills, pediatric health concerns, sleeping and feeding issues, eating disorders, anger management, social skills training, divorce, grief counseling, individual, group and family therapy.*

**Dr. John Swaine and Associates Ltd.**

Halifax Professional Centre  
 5591 Spring Garden Road  
 Suite 365  
 Halifax, NS B3H 1Y6  
 469-0048  
 Fax: 469-3001  
 jswaine@dal.ca  
 http://drswaine.ca

*Experienced mental health professionals specializing in the areas of adolescents, young adults, and their families.*

**Martin Whitzman**

5991 Spring Garden Road, Suite 334  
 Halifax, NS B3H 1Y6  
 429-9691

*Specializes in marriage and family therapy.*

**Shanda Woodin**

61 Grennan Drive  
 Lower Sackville, NS B4C 3C4  
 220-0449  
 Fax: 860-5467  
 s.woodin@ns.sympatico.ca  
 www.shandawoodin.ca

*Offers therapy to families and individuals, including attachment therapy. Knowledgeable about fostering and adoption issues.*

**Dr. Nina Woulff & Associates**

5991 Spring Garden Road  
 Suite 345  
 Halifax, NS B3H 1Y6  
 492-1271  
 Fax: 421-1990  
 nw@drnina.ca  
 www.drnina.ca

*Has experience with adoption issues.*

**Sara Lamb, Therapeutic Approach Health Centre**

6156 Quinpool Road, Suite 201  
 Halifax, NS B3L 1A3  
 473-0813  
 Fax: 823-1914  
 sara@saralamb.ca;  
 www.saralamb.ca

*Provides family, couple and individual therapy for children and their adoptive/foster families. Experience working with post-adoption issues, including attachment, parenting, trauma, grief and loss, anger, self-esteem and behavior.*

## Recreational Services

### **Big Brothers Big Sisters of Greater Halifax**

86 Ochterloney Street  
PO Box 307

Dartmouth, NS B2Y 3Y5  
466-KIDS (5437)

Fax: 465-4281

office@bigbrothersbigsistershalifax.ca  
www.bigbrothersbigsistershalifax.ca

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

### **Boys and Girls Clubs of Canada—National Office**

2005 Sheppard Ave. East  
Suite 400

Toronto, Ontario  
1 (905) 477-7272

Fax: 1 (416) 640-5331  
info@bgccan.com

www.bgccan.com: Select “Find a Club” to find a club in your area, and click “Go.” Clubs available in Dartmouth, Cole Harbour, Preston, Spryfield, Sackville, Truro/Colchester, and Yarmouth.

### **Captain William Spry Community Centre**

16 Sussex Street  
Halifax, NS B3R 1N8  
477-7665

www.halifax.ca/recreation

*Has a wave pool, fitness centre, library, and various other services.*

### **Dartmouth North Community Centre**

105 Highfield Park Drive  
Dartmouth, NS B3A 0C2  
490-5900

Fax: 490-5905

Matt Maguire, recreation programmer, 490-4730, maguima@halifax.ca  
http://halifax.ca/rec/centresnorthdartmouth.html

*Offers a wide variety of services, programs, and resources to the community, including recreation and leisure activities for children and youth. Has a library.*

### **George Dixon Community Centre**

2502 Brunswick Street  
Halifax, NS  
490-4550

Fax: 490-4570

www.halifax.ca/recreation/facilities.html

*Offers a variety of cultural, social, and recreation programs.*

**Girl Guides of Canada—  
Nova Scotia Council**

423-3735

1 (800) 565-8111 (toll free)

Fax: 423-5347

ggcns@girlguides.ns.ca

www.girlguides.ns.ca

*Activities for girls ages 5 to 17 years, as well as women ages 18 and over.***Kidsport Nova Scotia**

5516 Spring Garden Road, 4th Floor

Halifax, NS B3J 1G6,

902-425-5454 ext. 350

Fax: 902-425-5606

kidsport@sportnovascotia.ca

www.sportnovascotia.ca/kidsport

**LeBrun Community Centre**

36 Holland Avenue

Bedford, NS B4A 1L9

490-4665

Fax: 490-4680

www.halifax.ca/recreation

*Sports and recreation facility.***LOVE Program (Leave Out Violence)**

1657 Barrington St., #106

Halifax, NS B3J 2A1

429-6616

*For youth aged 13-18 who have been victims, witnesses or perpetrators of violence. LOVE defines violence as 'anything that hurts', so our youths' experiences include: child-abuse; sexual abuse; bullying (including assault, ostracization, verbal harassment); gang-related violence; self-mutilation (cutting); eating**disorders; suicide (family members, peers or personal attempts); alcohol and drug use; domestic abuse; rape; sexual harassment; and hate crimes (racism, homophobia, sexism). The LOVE program offers: Photojournalism, Leadership Training, Outreach, and Peer Mediation Partnership.***MAMBEC (Martial Art Mind Body Education Centre)**

Cole Harbour Place

Dartmouth, NS B2W 6B2

488-6779

mambec@ns.sympatico.ca

http://mambec.com

*MAMBEC is a unique martial art center that teaches children both physical and mental martial arts. MAMBEC's objective is to give children safe skills to deal with conflict at an early age and to provide them with a better understanding of the world around them.***Needham Centre/Pool**

3372 Devonshire Avenue

Halifax, NS B3K 3M2

490-4633

Fax: 490-4579

www.halifax.ca/recreation

*Offers various recreation and social programs. Has a swimming pool and gymnasium.*

**Northcliffe Centre/Pool**

111 Clayton Park Drive  
Halifax, NS B3M 1M3  
490-4690  
Fax: 457-3881  
[www.halifax.ca/recreation](http://www.halifax.ca/recreation)

*Offers a variety of recreation, cultural, social, and fitness programs. Has a swimming pool.*

**Parks Canada—  
Atlantic Service Centre**

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

**Parks Canada—National Office**

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

*Oversees all national parks in Canada.*

**Recreation Nova Scotia**

5516 Spring Garden Road, Suite 309  
Halifax, NS B3J 1G6  
425-1128  
Fax: 422-8201  
[info@recreationns.ns.ca](mailto:info@recreationns.ns.ca)  
[www.recreationns.ns.ca](http://www.recreationns.ns.ca)

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

**Scouts Canada**

84 Thorne Ave  
Dartmouth, NS B3B 1Y5  
423-9227  
1 (800) 557-7268 (toll free)  
Fax: 423-7989  
[nsoffice@scouts.ca](mailto:nsoffice@scouts.ca)  
[www.ns.scouts.ca](http://www.ns.scouts.ca)

*Educational and recreation programs for youth.*

**Sport Nova Scotia**

5516 Spring Garden Road, 4th Floor  
Halifax, NS B3J 1G6  
425-5450  
Fax: 425-5606  
[sportns@sportnovascotia.ca](mailto:sportns@sportnovascotia.ca)  
[www.sportnovascotia.ca](http://www.sportnovascotia.ca)

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

**YMCA of Greater Halifax/  
Dartmouth**

423-9709  
Fax: 425-3180  
[www.ymcahrm.ns.ca](http://www.ymcahrm.ns.ca)

*Select "Contact Us" and find a link to a program in your area.*



## Special Needs

### **Abilities Foundation of Nova Scotia**

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

Fax: 454-6121

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

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

### **Accessible Nova Scotia**

1 (866) 696-7536 (toll free)

info@accessiblens.ca

www.accessiblens.ca

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

### **Adoption Support Group of Halifax**

3530 Novalea Drive  
Halifax, NS B3K 3E8  
422-1290

Debra Reynolds Banting, banting.reynolds@ns.sympatico.ca

*This group is for anyone who is touched by adoption: adoptive parents, birth parents and adult adoptees, as well as those waiting for a placement. They welcome both domestic and international adoptive parents/adoptees and include families formed through kinship adoption.*

### **APSEA (Atlantic Provinces Special Education Authority)**

5940 South Street  
Halifax, NS B3H 1S6  
424-8500

Fax: 424-0543

www.apsea.ca

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

### **Atlantic Clinic for Communication Disorders**

5657 Spring Garden Road, Suite 601  
Halifax, NS B3J 3R4  
429-6681

Fax: 429-6313

vicki\_roda@hotmail.com

www.atlclinic.com

*Private clinic that provides a range of individualized speech-language pathology services to children and adults.*

### **Attention Deficit Association of Nova Scotia**

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

Fax: 869-3836

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

**Bell Aliant IP Relay**

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

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

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

**Brain Injury Association of Nova Scotia**

13th Floor, Victoria Building  
VG Site, QEII Health Sciences Centre  
Halifax, NS

473-7301

Fax: 473-7302

bians1@ns.sympatico.ca

www3.ns.sympatico.ca/bians1/

*Provides support for brain-injured people and their families.*

**Bridgeway Academy**

3 Valleyford Avenue  
Dartmouth, NS B2X 1W8  
464-0134

www.bridgeway-academy.com

*Day school for children with learning disabilities.*

**Canadian Cystic Fibrosis Foundation—Scotia Chapter**

1801 Hollis Street, Suite 415  
Halifax, NS B3J 3N4

425-2462

1 (800) 378-2233 (national toll-free number)

Fax: 422-2956

Pamela Barnes, development coordinator, [pamela@cfnovascotia.ca](mailto:pamela@cfnovascotia.ca)

[www.cysticfibrosis.ca](http://www.cysticfibrosis.ca)

*Provides information and support to people affected by cystic fibrosis.*

**Canadian Diabetes Association**

Regional Leadership Centre  
137 Chain Lake Drive, Suite 101  
Halifax, NS B3S 1B3

453-4232

1 (800) 326-7712 (toll free)

Fax: 453-4440

[www.diabetes.ca](http://www.diabetes.ca)

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

**Canadian National Institute for the Blind**

6136 Almon Street  
Halifax, NS B3K 1T8

453-1480

1 (800) 563- 2642 (toll-free number for national office)

Fax: 454-6570

[nspei@cnib.ca](mailto:nspei@cnib.ca)

[www.cnib.ca](http://www.cnib.ca)

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

**Canadian Paraplegic Association  
(Nova Scotia)**

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

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

**Central Region Respite Society**

198 Portland Street  
PO Box 24061  
Dartmouth, NS B3A 4T4  
www.respite.ca

*Helps families in caring for children  
with special needs.*

**Deaf Literacy Nova Scotia**

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

*Promotes and supports literacy and  
learning of deaf adults through  
self-development, literacy, and*

*American Sign Language/Maritime  
Sign Language literacy.*

**Disability Tax Credit/  
Child Disability Benefit**

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

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

**Epilepsy Association of Nova Scotia**

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

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

**Equal Education Association  
of Nova Scotia**

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

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

**Halifax Association for Community Living—Family Support**

2557 Maynard Street  
Halifax, NS B3K 3V6  
463-4752  
Fax: 463-5007  
hacl@eastlink.ca  
www.halifaxacl.com

*Works with families who have a family member with an intellectual disability.*

**Halifax Regional Cerebral Palsy Association**

PO Box 33075  
Quinpool Postal Outlet  
Halifax, NS B3L 4T6  
479-0963  
Fax: 423-4340  
cerebral.palsy@ns.sympatico.ca  
www.hrcpa.ca

*Aims to improve life for its members and those in mainland Nova Scotia who are living with cerebral palsy.*

**Learning Disabilities Association of Nova Scotia**

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

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

**Newborn Hearing Screening Program—IWK**

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

*Provides early detection and treatment of hearing disorders.*

**Nova Read Clinic**

1394 Bedford Highway  
Bedford, NS B4A 1E2  
425-7323  
Fax: 425-3372  
info@novaread.com

*Provide programs for students to overcome language and literacy difficulties.*

**Nova Read Clinic**

1266 Queen Street, Suite 100  
Halifax, NS B3J 1A5  
425-7323  
Fax: 425-3372  
info@novaread.com

*Provide programs for students to overcome language and literacy difficulties.*

### **Nova Scotia Disabled Persons Commission**

Dartmouth Professional Centre  
277 Pleasant Street, Suite 104  
Dartmouth, NS B2Y 4B7  
424-8280  
1 (800) 565-8280 (toll free within  
Nova Scotia)  
[www.gov.ns.ca/disability](http://www.gov.ns.ca/disability)

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

### **Nova Scotia Down Syndrome Society**

902-477-6252  
[mail@novascotiadownsyndrome.com](mailto:mail@novascotiadownsyndrome.com)  
[www.novascotiadownsyndrome.com](http://www.novascotiadownsyndrome.com)

*Parent based contacts in Halifax, Annapolis Valley, Pictou, Cape Breton, and Antigonish.*

### **Nova Scotia Hearing and Speech Centres—Provincial Centre**

5657 Spring Garden Road, Suite 401  
Box 120  
Halifax, NS B3J 3R4  
423-7357  
[www.nshsc.ns.ca](http://www.nshsc.ns.ca)

*Select 'Find Us' and then click on the area you would like to learn more about. Located in 24 communities throughout Nova Scotia.*

### **Prescott Group**

3430 Prescott Street  
Halifax, NS B3K 4Y4  
454-7387  
Fax: 453-0275  
[prescottgroup@eastlink.ca](mailto:prescottgroup@eastlink.ca)  
[www.prescottgroup.ca](http://www.prescottgroup.ca)

*Provides training and job opportunities to adults with intellectual challenges.*

### **Presidents Choice Children's Charity, Atlantic Region**

1 President's Choice Circle  
Brampton, Ontario L6Y 5S5  
1-877-525-4762  
Fax: 902-861-2307  
[PCCharity@Loblaw.ca](mailto:PCCharity@Loblaw.ca)

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

### **Provincial Autism Centre**

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

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

**reachAbility**

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

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

**Society of Deaf and Hard of Hearing Nova Scotians**

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

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

**Special Olympics Nova Scotia**

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

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

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

15 Laura Drive  
RR4, Eastern Passage  
NS B3G 1K3  
1 (800) 304-0450 (toll free)  
Fax: 679-1124  
info@sbhans.ca  
www.sbhans.ca

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

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

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

## Other Informational Resources

### 2-1-1 System

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

### **Adopt—Assistance, Information, Support**

[www.adopting.org](http://www.adopting.org)

*American website with useful articles and information.*

### **Adoption Council of Canada**

1 (888) 542-3678 (toll free)

[www.adoption.ca](http://www.adoption.ca)

*Website with useful articles and information.*

### **Adoptive Families Association of BC**

[www.bcadoption.com/default.asp](http://www.bcadoption.com/default.asp)

*Website with useful articles and information*

### **Association of Black Social Workers**

6414 Coburg Road

Halifax, NS B3H 3J5

Veronica Marsman, president

[vmarsman@me.com](mailto:vmarsman@me.com)

[www.nsasw.org](http://www.nsasw.org)

*Follow the ABSW link.*

### **Bayers/Westwood Family Resource Centre**

3499 McAlpine Avenue

Halifax, NS B3L 3X8

454-9444

Fax: 454-0008

<http://bayerswestwoodfrc.com>

*Programming for parents with children up to six years of age.*

### **Black Cultural Centre for Nova Scotia**

1149 Main St

Dartmouth, NS B2Z 1A8

434-6223; Fax: 434-2306; [contact@bccns.com](mailto:contact@bccns.com)

[bccns.com](http://bccns.com); [www.bccns.com](http://www.bccns.com)

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

### **Bullying Hotline – Laing House**

T: 902-490-7283

Text: 902-233-7283

[bullyhotline@halifax.ca](mailto:bullyhotline@halifax.ca)

### **Caregivers Nova Scotia**

3433 Dutch Village Road

Halifax, NS B3N 2S7

421-7390

1 (877) 488-7390 (toll free)

Fax: 421-7338

[info@caregiversns.org](mailto:info@caregiversns.org)

[www.caregiversnovascotiablog.wordpress.com](http://www.caregiversnovascotiablog.wordpress.com)

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

**Community Access Program—c@p**

1 (800) 575-9200 (toll free)

<http://cap.ic.gc.ca>

*Sites with free access to computers and the Internet.*

**Confederacy of Mainland Mi'kmaq**

PO Box 1590

57 Martin Crescent

Truro, NS B2N 5V3

895-6385

Fax: 893-1520

[www.cmmns.com](http://www.cmmns.com)

**Dartmouth Family Centre—Albro Lake Road Location**

107 Albro Lake Road

Dartmouth, NS B3A 3Y7

464-8234

Fax: 464-8232

[www.godice.com/dfc](http://www.godice.com/dfc)

*Parenting programs, playgroups, and social and respite opportunities.*

**Dartmouth North Community Centre**

134 Pinecrest Drive

Dartmouth, NS B3A 2J9

490-5900

Fax: 490-5909

[halifax.ca/rec/centresnorthdartmouth.html](http://halifax.ca/rec/centresnorthdartmouth.html)

*Offers a wide variety of services, programs, and resources to the community, including recreation and leisure activities for children and youth. Has a library.*

**Extra Support for Parents (ESP through IWK Health Center)**

5850/ 5980 University Avenue

PO Box 9700

Halifax, NS, B3K 6R8

470-7111

[extrasupport@IWK.nshealth.ca](mailto:extrasupport@IWK.nshealth.ca)

*Esp volunteers provide help and support to families with newborns in the Halifax area. Volunteers are matched with a family for approx. 3 months for 3 hours a week. Provide mothers with emotional support, adult company and hands on help with the children. Provide parenting information, help in getting to know Halifax/Dartmouth, or assistance in getting necessary services.*

**Federation of Foster Families of Nova Scotia**

99 Wyse Road, Suite 350

Dartmouth, NS B3A 4S5

424-3071

1 (888) 845-1555 (toll free)

Fax: 424-5199

Carol Cole, administrative assistant—operations, [colec@gov.ns.ca](mailto:colec@gov.ns.ca)  
[www.fosterfamilies.ns.ca](http://www.fosterfamilies.ns.ca)

*Provides support for foster families.*

**Findlay Community Centre**

26 Elliott Street

Dartmouth, NS B2Y 2X7

490-4728

Fax: 490-4742

[www.halifax.ca](http://www.halifax.ca)



**Halifax & Region Military Family Resource Centre—Halifax Site**

Windsor Park Building 106  
Box 99000, Station Forces  
Halifax, NS B3K 5X5  
427-7780

1 (888) 753-8827 (toll free)  
info@halifaxmfrfc.ca  
www.halifaxmfrfc.ca

*Multi-service resource centre for military families.*

**Halifax & Region Military Family Resource Centre—Shearwater Site**

PO Box 298  
Shearwater, NS B0J 3A0  
720-1885

1 (888) 753-8827 (toll free)  
Fax: 720-1943  
www.halifaxmfrfc.ca

*Multi-service resource centre for military families.*

**Halifax Association for Community Living—Family Support**

2557 Maynard Street  
Halifax, NS B3K 3V6  
463-4752

Fax: 463-5007  
exdirhacl@eastlink.ca  
www.halifaxacl.com

*Works with families who have a family member with an intellectual disability.*

**Halifax Public Libraries**

490-5753  
www.halifaxpubliclibraries.ca  
*14 branches in Halifax.*

**Kids Help Phone**

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

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

**Laing House**

1225 Barrington Street  
Halifax, NS B3J 1Y2  
425-9018  
Fax: 422-6943.

www.lainghouse.org  
Go to "Get Support". Click on Resources to access a number of community organizations including housing, addiction services, emergency and crisis services, mental health services, etc.

*A peer support organization for youth ages 16 to 30 living with a primary diagnosis of psychosis, mood disorder and/or anxiety disorders as well as support for family and friends coping with a loved one's mental illness.*

**Mi'kmaq Child Development Centre**

2161 Gottingen Street  
 PO Box 47012  
 Halifax, NS B3K 5Y2  
 422-7850  
 Fax: 422-6642  
 www.mymnfc.com

*Various programs and services for First Nations parents and children.*

**North American Council on Adoptable Children**

www.nacac.org

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

**North End Parents Resource Centre**

5475 Uniacke Street  
 Halifax, NS B3K 5V5  
 492-0133 or 492-0263  
 Fax: 492-4193

*Various programs and services for families, primarily single moms and children ages 0 to 10 years.*

**Nova Scotia Association of Social Workers**

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

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

**Nova Scotia CAPC Project**

www.phac-aspc.gc.ca/canada/  
 regions/atlantic/work/  
 e\_k\_l-eng.php

*Community Action Program for Children.*

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

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

*Provides links to websites of Nova Scotian community organizations.*

**Nova Scotia Council for the Family**

Parenting Resource Centres in Nova Scotia

[www.nscouncilfamily.org](http://www.nscouncilfamily.org)

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

**Nova Scotia Human Rights Commission**

Summit Place

1601 Lower Water Street, 6th Floor

PO Box 2221

Halifax, NS B3J 3C4

424-4111

1-877-269-7699 (toll free)

Fax: 424-0596

[hrcinquiries@gov.ns.ca](mailto:hrcinquiries@gov.ns.ca)

[www.gov.ns.ca/humanrights](http://www.gov.ns.ca/humanrights)

*Addresses complaints of discrimination and provides cultural diversity training.*

**Nova Scotia League for Equal Opportunities**

5251 Duke Street, Suite 1211

Halifax, NS B3J 1P3

455-6942

1 (866) 696-7536 (toll free)

Fax: 454-4781

[nsleo@eastlink.ca](mailto:nsleo@eastlink.ca)

[www.novascotialeo.org](http://www.novascotialeo.org)

*Advocacy organization working on behalf of people with disabilities.*

**Onward Choices Consulting Inc**

Susan Mercer MSW, RSW

Spring Garden Road Professional Centre

5991 Spring Garden Road, Suite 810

Halifax, NS B3H 1Y6

902-818-7438

*Susan has extensive experience in crisis response, crisis management, and psychosocial response to trauma. Her expertise and interest can assist in adoption support, grief counseling and understanding and dealing with transitions in life.*

**Parenting Journey Program**

902-454-2036

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

**Parent'n Tot Meeting Place: A Family Resource Centre**

3524 Dutch Village Road

Halifax, NS B3N 2S1

443-9569

Fax: 431-2000

[parentntot@hfx.eastlink.ca](mailto:parentntot@hfx.eastlink.ca)

[www.parentntot.com](http://www.parentntot.com)

*Offers programs for parents, children, and parents and children together. Open from 9 am to 4 pm.*

**Passport Canada—Halifax Office**

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

**St. Paul's Family Resources  
Institute**

173 Old Sambro Road  
 Halifax, NS B3R 2H6

**St. John Ambulance—Main Branch**

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

**Single Parent Centre**

3 Sylvia Avenue  
 Halifax, Nova Scotia B3R 1J7  
 479-3031  
 Fax: 477-2257  
 single-parent@ns.sympatico.ca  
 www3.ns.sympatico.ca/  
 single-parent

*Provides a wide range of programs  
 and services, including parenting  
 support, community kitchen, and  
 family literacy programs.*

# EASTERN REGION

## Advocacy

### **Accessible Nova Scotia**

1 (866) 696-7536 (toll free)

info@accessiblens.ca

www.accessiblens.ca

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

### **Cape Breton Family Place Resource Centre**

902-562-5616

Fax: 902-562-8528.

*www.familyplace.ca Click on 'Counties' and select the county to find a program or service provided in your area. Offered in all four counties of Cape Breton.*

### **Deafness Advocacy Association of Nova Scotia**

1666 Hollis Street, Suite 803

Halifax, NS B3J 1V7

425-0240

TTY/videophone: 425-0119

Fax: 429-9312

daans@ns.sympatico.ca

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

### **Early Intervention Nova Scotia**

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

There are 21 early intervention programs throughout Nova Scotia.

### **Equal Education Association of Nova Scotia**

860-1759

info@eeans.com

www.eeans.com

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

### **Nova Scotia Disabled Persons Commission**

Dartmouth Professional Centre

277 Pleasant Street, Suite 104

Dartmouth, NS B2Y 4B7

424-8280

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

www.gov.ns.ca/dis

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

**SpecialLink: The National Centre for Child Care Inclusion**

76 Cottage Road  
 PO Box 775  
 Sydney, NS B1P 6G9  
 562-1662  
 1 (866) 902-6333 (toll free)  
 Fax: 539-9117  
[www.speciallinkcanada.org](http://www.speciallinkcanada.org)

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

**Sydney Nova Scotia Child Daycare Providers**

[www.daycarecanada.com/directory/canada/novascotia/sydney/c6393.aspx](http://www.daycarecanada.com/directory/canada/novascotia/sydney/c6393.aspx)

*To view child daycare providers in Sydney, select one of the centres.*

## Child Development

**Child Care Connection Nova Scotia**

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

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

**Harbourview Montessori**

290 Murphy Road  
 Sydney, NS B1R 1W8  
 Mailing address: 69 Kenwood Drive  
 Sydney, NS B1S 1T7  
 539-8884  
 Fax: 539-8884  
[admin@harbourviewmontessori.ca](mailto:admin@harbourviewmontessori.ca)  
[www.harbourviewmontessori.ca](http://www.harbourviewmontessori.ca)

*Children's House program for ages three to six years. Elementary education for ages 6 to 12 years.*

**La Centre préscolaire de La Picasso**

3435 Route 206  
 Petit de Grat, NS B0E 2L0  
 226-3319  
 Fax: 226-0549  
 Alvin Berthier, directrice-éducatrice,  
[prescolaire@lapicasse.ca](mailto:prescolaire@lapicasse.ca)

*French-language day-care centre.*

**St. Peter's/Isle Madame Daycare Centre Administration Office**

3250 Highway #320  
 PO Box 494  
 D'Escousse, NS B0E 1K0  
 226-2481

St. Peter's Early Childhood Education Centre  
 9366 Pepperall Street  
 St. Peter's, NS B0E 3B0  
 535-3446

Isle Madame Daycare Centre  
 3250 Highway #320  
 D'Escousse, NS B0E 1K0  
 226-0399

*Provides subsidized spaces.*

**Town Daycare Centre**

15 Second Street  
 Glace Bay, NS B1A 4E9  
 849-6086  
 Fax: 842-0655

*Integrated day-care facility.*

## Education

**APSEA (Atlantic Provinces  
Special Education Authority)**

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

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

APSEA—Services for students who are blind or visually impaired.

John McConnell, director, mcconnellj@apsea.ca

APSEA—Services for students who are deaf or hard of hearing.

Joan Skinner, director, skinnerj@apsea.ca

**Cape Breton-Victoria Regional  
School Board**

275 George Street  
 Sydney, NS B1P 1J7  
 564-8293  
 Fax: 564-0123  
 www.cbv.ns.ca

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

CP 88  
 Saulnierville, NE B0W 2Z0  
 9248 Route 1, La Butte  
 Meteghan River, NE B0W 2L0  
 769-5458  
 1 (888) 533-2727 (toll free)  
 Fax: 769-5459  
 www.csap.ednet.ns.ca

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

**Equal Education Association  
of Nova Scotia**

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

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

**Strait Regional School Board**

16 Cemetery Road  
 Post Hastings, NS B9A 1K6  
 625-2191  
 1 (800) 650-4448  
 Fax: 625-2281  
 srsb@srsb.ca  
 www.srsb.ca

## Financial Services

### **Canada Revenue Agency— Sydney District Office**

47 Dorchester Street  
PO Box 1300  
Sydney, NS B1P 6K3  
1 (800) 387-1193 (toll free)  
Fax: 564-3095  
[www.cra-arc.gc.ca](http://www.cra-arc.gc.ca)

*Provides information on child and family tax benefits.*

### **Nova Scotia Department of Community Services— Income Assistance**

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

*Provides income assistance to those in need.*

## Government Agencies and Departments

### **Access Nova Scotia— Port Hawkesbury**

Service Nova Scotia and Municipal Relations  
Provincial Building  
218 MacSween Street, Suite 22  
Port Hawkesbury, NS B9A 2J9  
1 (800) 670-4357 (toll free)  
[askus@gov.ns.ca](mailto:askus@gov.ns.ca)  
[www.gov.ns.ca/snsmr](http://www.gov.ns.ca/snsmr)

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

### **Aboriginal Affairs and Northern Development Canada**

1 (800) 567-9604  
[infopubs@aadnc-aandc.gc.ca](mailto:infopubs@aadnc-aandc.gc.ca)

### **Mi'kmaq Family & Children's Services of Nova Scotia**

76 Logan Drive  
PO Box 7142  
Eskasoni, NS B1W 1A2  
1 (800) 565-8300 (toll free)



**Municipality of the County of Inverness**

PO Box 179  
 Municipal Building  
 375 Main Street  
 Port Hood, NS B0E 2W0  
 787-2274  
 Fax: 787-3110  
 Kate Beaton,  
 chief administrative officer  
 kate.beaton@invernesscounty.ca  
 www.invernesscounty.ca

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

6009 Quinpool Road, Suite 701  
 Halifax, NS B3K 5J7  
 424-2755  
 Fax: 424-9424  
 www.gov.ns.ca/coms  
 Select “Support for Children, Youth & Families,” then “Adoption,” and then “Adoption Disclosure.”

*Maintains a Passive Adoption Registry and conducts searches for adoptees and birth families. Assists with issues related to Adoption Information Act.*

**Nova Scotia Department of Community Services—Direct Family Support**

5675 Spring Garden Road  
 PO Box 696  
 Halifax, NS B3J 2T7  
 424-0932  
 Fax: 424-0708  
 www.gov.ns.ca/coms/disabilities/

*Provides support and services to both children and adults with disabilities who live at home with their families.*

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

Provincial Building  
 360 Prince Street  
 Sydney, NS, B1P 5L1  
 563-3302  
 F: 563-5693  
 www.gov.ns.ca/coms/ Select the region from the map to find your district office.

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

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

**Nova Scotia Department of  
Community Services—  
Glace Bay District Office**

Senator's Place, 3rd Floor  
633 Main Street  
Glace Bay, NS B1A 6J3  
842-4000  
Fax: 842-4067  
[www.gov.ns.ca/coms](http://www.gov.ns.ca/coms)

**Nova Scotia Department of  
Community Services—  
North Sydney District Office**

Parsons Building  
184 Commercial Street  
North Sydney, NS B2A 3Y7  
794-5110  
Fax: 794-5171  
[www.gov.ns.ca/coms](http://www.gov.ns.ca/coms)

**Nova Scotia Department of  
Community Services—  
Port Hawkesbury District Office**

Provincial Building  
218 MacSween Street, Unit 3  
Port Hawkesbury, NS B9A 2J9  
625-0660  
Fax: 625-4021  
[www.gov.ns.ca/coms](http://www.gov.ns.ca/coms)

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

Provincial Building  
360 Prince Street, Suite 25  
Sydney, NS B1P 5L1  
563-3300  
Fax: 563-0516  
[www.gov.ns.ca/coms](http://www.gov.ns.ca/coms)

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

360 Prince Street, Suite 25  
Sydney, NS B1P 5L1  
563-5736  
[macdoaj@gov.ns.ca](mailto:macdoaj@gov.ns.ca)

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

**Nova Scotia Office of  
the Ombudsman**

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

*Handles complaints against provincial and municipal government agencies and departments.*

**Richmond County**

2357 Highway #206  
PO Box 120  
Arichat, NS B0E 1A0  
226-2400  
Fax: 226-1510  
[www.richmondcounty.ca](http://www.richmondcounty.ca)

**Service Canada Call Centre**

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

*Primary access point to find information on federal government services.*

**Service Canada—Glace Bay Office**

Senator's Place  
 633 Main Street, Suite 101  
 Glace Bay, NS B1A 6J3  
 842-2414  
 TTY: 1 (800) 622-6232 (toll free)  
 Fax: 842-2655  
 El Fax: 564-7837  
[www.servicecanada.gc.ca](http://www.servicecanada.gc.ca)

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

**Service Canada—Inverness Office**

15926 Central Avenue  
 PO Box 520  
 Inverness, NS B0E 1N0  
 258-2301  
 TTY: 1 (800) 622-6232 (toll free)  
 Fax: 258-3036  
[www.servicecanada.gc.ca](http://www.servicecanada.gc.ca)

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

**Service Canada—  
North Sydney Office**

105 King Street  
 North Sydney, NS B2A 3S1  
 794-5715  
 TTY: 1 (800) 622-6232 (toll free)

Fax: 794-5724  
[www.servicecanada.gc.ca](http://www.servicecanada.gc.ca)  
*Provides financial benefits, job-related services, and Social Insurance Number applications.*

**Service Canada—  
Port Hawkesbury Office**

Shediac Shopping Centre  
 811 Reeves Street, Unit 8  
 Port Hawkesbury, NS B9A 2S4  
 625-4115  
 TTY: 1 (800) 622-6232 (toll free)  
 Fax: 625-4137  
[www.servicecanada.gc.ca](http://www.servicecanada.gc.ca)

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

**Service Canada—Sydney Office**

15 Dorchester Street  
 PO Box 850  
 Sydney, NS B1P 6J3  
 564-2570  
 TTY: 1 (800) 622-6232 (toll free)  
 Fax: 564-7104

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

**Service Nova Scotia and Municipal  
Relations—Public Enquiries**

Mailroom, 8 South, Maritime Centre  
 1505 Barrington Street  
 Halifax, NS B3J 3K5  
 424-5200  
 1 (800) 670-4357 (toll free)  
 Fax: 424-0720  
[askus@gov.ns.ca](mailto:askus@gov.ns.ca)  
[www.gov.ns.ca/snsmr/secure/contact/Default.asp?bhcp=1](http://www.gov.ns.ca/snsmr/secure/contact/Default.asp?bhcp=1)

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

**Town of Mulgrave**

457 MacLeod Street  
PO Box 129  
Mulgrave, NS B0E 2G0  
747-2243  
Fax: 747-2585  
www.townofmulgrave.ca

**Town of Port Hawkesbury**

606 Reeves Street, Unit 1  
Port Hawkesbury, NS B9A 2R7  
625-0116  
Fax: 625-0040  
www.townofporthawkesbury.ca

**Victoria County**

495 Chebucto Street  
PO Box 370  
Baddeck, NS B0E 1B0  
295-3659  
Fax: 295-3331  
www.countyvictoria.ns.ca

**Village of St. Peter's**

60 Deny Street  
PO Box 452  
St. Peter's, NS B0E 3B0  
535-2155  
Fax: 535-2330

## International Services

**Children of Choice Consulting**

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

*Specializes in international adoptions.*

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

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

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

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

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

**Family Foundations Consulting**

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

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

**Multicultural Association of Nova Scotia**

1113 Marginal Road  
Halifax, NS B3H 4P7  
423-6534  
Fax: 422-0881  
admin@mans.ns.ca  
www.mans.ns.ca

*Information and advocacy for multicultural groups within Nova Scotia.*

**Nova Scotia Human Rights Commission—Sydney Office**

Provincial Building  
360 Prince Street  
Sydney, NS B1P 5L1  
563-2140  
1 (877) 269-7699 (toll free)  
TTY: 424-3139  
Fax: 563-5613  
hrcinquiries@gov.ns.ca  
www.gov.ns.ca/humanrights

*Addresses complaints of discrimination and provides cultural diversity training.*

## Legal Services

**Legal Information Society of Nova Scotia**

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

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

**Nova Scotia Barristers' Society**

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

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

**Nova Scotia Legal Aid  
Commission—Head Office**

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

**Nova Scotia Legal Aid—Sydney**

Commerce Tower  
15 Dorchester Street, 4th Floor  
PO Box 1373  
Sydney, NS B1P 6K3  
563-2295  
1 (877) 563-2295 (toll free)  
Fax: 539-0489  
*Provides legal assistance to those  
who qualify.*

**Port Hawkesbury Justice Centre**

15 Kennedy Street, Suite 201  
Port Hawkesbury, NS B9A 2Y1  
625-4793  
Fax: 625-4084  
www.courts.ns.ca  
*Family Court.*

**Sydney Justice Centre**

Harbour Place  
136 Charlotte Street, Suite 6  
Sydney, NS B1P 1C3  
563-3510  
Fax: 563-3421  
www.courts.ns.ca  
*Family Court.*

## Mental Health

**Canadian Mental Health  
Association—Cape Breton Branch**

1482 George Street  
Sydney, NS B1P 1P3  
567-7735  
Fax: 567-7905  
cmhacbrh@cbdha.nshealth.ca  
www.cmha.ca: Select “CMHA  
Locations” and then “Nova Scotia.”  
*Mental health promotion agency.  
Does not offer counselling services.*

**Cape Breton District Health  
Authority Mental Health Services—  
Baddeck (Child and Adolescent  
Clinician)**

Victoria County Memorial Hospital  
30 Old Margaree Road  
PO Box 220  
Baddeck, NS B0E 1B0  
567-7731  
www.cbdha.nshealth.ca: Select  
“Mental Health Services” from  
menu on left.

*Provides general and specialized  
mental health services to children,  
youth, and their families. Referral  
from a physician may be required  
for certain services.*

**Cape Breton District Health  
Authority Mental Health Services—  
Child and Adolescent Services**

Cape Breton Regional Hospital,  
main level  
1482 George Street  
Sydney, NS B1P 1P3  
567-7731

www.cbdha.nshealth.ca: Select “Mental Health Services” from menu on left.

*Provides general and specialized mental health services to children, youth, and their families. Referral from a physician may be required for certain services.*

**Cape Breton District Health Authority Mental Health Services—  
Glace Bay Clinic**

121 Union Street  
Glace Bay, NS B1A 2P8  
849-4413

www.cbdha.nshealth.ca: Select “Mental Health Services” from menu on left.

*Provides general and specialized mental health services to children, youth, and their families. Referral from a physician may be required for certain services.*

**Cape Breton District Health Authority Mental Health Services—  
Inverness Mental Health Clinic**

Inverness Consolidated Memorial Hospital  
39 James Street  
PO Box 610  
Inverness, NS B0E 1N0  
258-1911

www.cbdha.nshealth.ca: Select “Mental Health Services” from menu on left.

*Provides general and specialized mental health services to children, youth, and their families. Referral from a physician may be required*

*for certain services. Satellite services available for Cheticamp.*

**Cape Breton District Health Authority Mental Health Services—  
Neil’s Harbour (Child and Adolescent Clinician)**

Buchanan Memorial Community Health Centre  
32610 Cabot Trail  
Neil’s Harbour, NS B0C 1N0  
567-7731

www.cbdha.nshealth.ca: Select “Mental Health Services” from menu on left.

*Provides general and specialized mental health services to children, youth, and their families. Referral from a physician may be required for certain services.*

**Cape Breton District Health Authority Mental Health Services—  
New Waterford Clinic**

New Waterford Consolidated Hospital  
716 King Street  
New Waterford, NS B1H 3Z5  
862-7195

www.cbdha.nshealth.ca: Select “Mental Health Services” from menu on left.

*Provides general and specialized mental health services to children, youth, and their families. Referral from a physician may be required for certain services.*

**Cape Breton District Health  
Authority Mental Health Services—  
North Sydney Clinic**

Northside General Hospital  
520 Purves Street  
PO Box 399  
North Sydney, NS B2A 3M4  
794-8551

www.cbdha.nshealth.ca: Select  
“Mental Health Services” from  
menu on left.

*Provides general and specialized  
mental health services to children,  
youth, and their families. Referral  
from a physician may be required  
for certain services.*

**Cape Breton District Health  
Authority Mental Health Services—  
Sydney Mental Health Clinic**

Cape Breton Regional Hospital  
1482 George Street  
Sydney, NS B1P 1P3  
567-7730

www.cbdha.nshealth.ca: Select  
“Mental Health Services” from  
menu on left.

*Provides general and specialized  
mental health services to children,  
youth, and their families. Referral  
from a physician may be required  
for certain services.*

## Physical Health

**Brain Tumour Foundation  
of Canada**

620 Colborne Street, Suite 301  
London, ON N6B 3R9

1 (519) 642-7755

1 (800) 265-5106 (toll free)

Fax: 1 (519) 642-7192

braintumour@braintumour.ca

www.braintumour.ca

**Brain tumour support group.  
Buchanan Memorial Community  
Health Centre**

32610 Cabot Trail

Neil’s Harbour, NS B0C 1N0

336-2200 (switchboard)

Fax: 336-2399

www.cbdha.nshealth.ca: Click on  
“Hospitals/Facilities” from the  
menu on the left side and then se-  
lect the name of the hospital.

*Contains emergency department.*

**Canadian Red Cross**

www.redcross.ca

*Select ‘Contact Us’ and scroll down  
to Atlantic Zone Office. Click on  
‘Offices within Atlantic Canada’ and  
scroll down to Nova Scotia Region  
where you will find an office near  
you.*



**Cape Breton Regional Hospital**

1482 George Street  
 Sydney, NS B1P 1P3  
 567-8000  
 Fax: 567-7921  
 www.cbdha.nshealth.ca: Select  
 "Hospitals/Facilities" from the  
 menu on the left side and then se-  
 lect the name of the hospital.

*It is the major referral Centre for  
 Cape Breton Island. Also contains  
 the emergency department, Cape  
 Breton Cancer Centre, Cape Breton  
 Chest clinic, and the Cape Breton  
 Function Clinic.*

**Capital Health—QEII Health  
 Sciences Centre**

Halifax Infirmiry Building  
 1796 Summer Street  
 Halifax, NS B3H 3A7  
 473-2700  
 www.cdha.nshealth.ca: Select  
 "Hospitals/Health Centres" on left  
 menu and then "Queen Elizabeth II  
 Health Sciences Centre."

*The largest health sciences centre in  
 Atlantic Canada.*

**Directory of Family Physicians  
 Accepting New Patients**

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

**Directory of French Speaking  
 Primary Health Care Providers**

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

**Doctors Nova Scotia**

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

*Professional association of  
 Nova Scotia's doctors.*

**Glace Bay Health Care Facility**

300 South Street  
 Glace Bay, NS B1A 1W5  
 849-5511  
 Fax: 842-2851  
 www.cbdha.nshealth.ca: Select  
 "Hospitals/Facilities" from the  
 menu on the left side and then se-  
 lect the name of the hospital.

**Health Canada**

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

*Deals with any matter within the  
 jurisdiction of Health Canada.*

**Health Promotion Clearinghouse—  
 Nova Scotia**

City Centre Atlantic  
 1535 Dresden Row, Suite 209  
 Halifax, NS B3J 3T1  
 494-1917  
 1 (877) 890-5094 (toll free)

Fax: 494-3594  
 Caroline Ploem, manager, hpc@dal.ca  
 www.hpcclearinghouse.ca

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

**Inverness Consolidated Memorial Hospital**

39 James Street  
 PO Box 610  
 Inverness, NS B0E 1N0  
 258-2100  
 Fax: 258-3025  
 www.cbdha.nshealth.ca: Select “Hospitals/Facilities” from the menu on the left side and then select the name of the hospital.

**IWK Health Centre**

5850/5980 University Avenue  
 PO Box 9700  
 Halifax, NS B3K 6R8  
 470-8888 (switchboard)  
 Fax: 470-6790  
 feedback@iwk.nshealth.ca (general inquiries only)  
 www.iwk.nshealth.ca  
*Provides care to children, youth, women, and families.*

**IWK Health Centre—Child Safety Link**

5850/5980 University Avenue  
 PO Box 9700  
 Halifax, NS B3K 6R8  
 470-6496  
 1 (866) 288-1388 (toll free outside Halifax)  
 Fax: 470-6774

childsafetylink@iwk.nshealth.ca  
 www.childsafetylink.ca

*Poison prevention information and other injury prevention information.*

**IWK Regional Poison Centre**

5850 University Avenue  
 PO Box 9700  
 Halifax, NS B3K 6R8  
**FOR ALL POISON EMERGENCIES, DIAL 911 AND ASK TO SPEAK TO THE POISON CENTRE.**  
 470-8161 (Halifax-only emergency line)  
 1 (800) 565-8161 (toll-free emergency line for rest of Nova Scotia)  
 Fax: 470-7213  
*Toll-free, 24-hour poison information service.*

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

1 (800) 668-7682 (toll free in Nova Scotia)  
 info@ns.lung.ca  
*A toll-free helpline. Certified asthma educators are available weekdays during business hours to answer questions and provide advice on asthma.*

**Lung Association of Nova Scotia Provincial Office**

6331 Lady Hammond Road  
 Halifax, NS B3K 2S2  
 443-8141  
 Fax: 445-2573  
 info@ns.lung.ca  
 www.ns.lung.ca

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

### **Medical Services Insurance (MSI)**

Physical location: 230 Brownlow Ave  
Dartmouth, NS

Mailing address: PO Box 500  
Halifax, NS B3J 2S1

496-7008

1 (800) 563-8880

Fax: 481-3160 (registration)

msienquiry@medavie.bluecross.ca

[www.gov.ns.ca/health/msi.htm](http://www.gov.ns.ca/health/msi.htm)

*Provides eligible residents with coverage for medically required health services.*

### **New Waterford Consolidated Hospital**

716 King Street

New Waterford, NS B1H 3Z5

862-6411

Fax: 862-8277

[www.cbdha.nshealth.ca](http://www.cbdha.nshealth.ca): Select "Hospital/Facility" from the menu on the left side and then select the name of the hospital.

*Contains emergency department.*

### **Northside General Hospital**

520 Purves Street

PO Box 399

North Sydney, NS B2A 3M4

794-8521

Fax: 794-3355

[www.cbdha.nshealth.ca](http://www.cbdha.nshealth.ca): Select "Hospital/Facility" from the menu on the left side and then select the name of the hospital.

### **Nova Scotia Department of Health and Wellness**

PO Box 488

Halifax, NS

T: 902-424-5818

Toll Free in NS: 1-800-387-6665

TTY/TDD: 1 -800-670-8888

[www.gov.ns.ca/dhwl](http://www.gov.ns.ca/dhwl)

### **Nova Scotia Rehabilitation Centre**

1341 Summer Street

Halifax, NS B3H 1K1

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

[www.cdha.nshealth.ca](http://www.cdha.nshealth.ca): Click "Hospitals/Health Centres" on left, then

"Queen Elizabeth II Health Sciences Centre." Click "Nova Scotia Rehabilitation Centre" under "Victoria

General site buildings" on right side of centre of page.

*Cross-disability rehabilitation facility.*

### **Ronald McDonald House Atlantic Canada**

Friends of Children (Atlantic) Association

1133 Tower Road

Halifax, NS B3H 2Y7

429-4044

Fax: 429-8650

[info@rmhatlantic.ca](mailto:info@rmhatlantic.ca)

[www.rmhatlantic.ca](http://www.rmhatlantic.ca)

**Sacred Heart Community Health Centre**

15102 Cabot Trail  
 PO Box 129  
 Cheticamp, NS B0E 1H0  
 224-1500  
 Fax: 224-2903  
 www.cbdha.nshealth.ca: Select "Hospital/Facility" from the menu on the left side and then select the name of the hospital.

*Contains emergency department.*

**Strait Richmond Hospital**

138 Hospital Road  
 Evanston, NS B0E 1J0  
 625-3100  
 Fax: 625-3804  
 Andrea Boyd-White, facility manager, andrea.boyd-white@gasha.nshealth.ns.ca  
 www.erhb.ns.ca/facilities/strait\_richmond/default.htm

**Victoria County Memorial Hospital**

30 Old Margaree Road  
 PO Box 220  
 Baddeck, NS B0E 1B0  
 295-2112  
 Fax: 295-3432  
 www.cbdha.nshealth.ca: Select "Hospital/Facility" from the menu on the left side and then select the name of the hospital.

**Psychological Services****Association of Psychologists of Nova Scotia**

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

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

**Dr. John Gainer and Associates**

207 Alexandra Street  
 Sydney, NS B1S 2E8  
 539-1235  
 Fax: 567-7926  
 jgainer@ns.sympatico.ca

*Provides psychological services.*

**Dr. Reginald Landry****Dr. Julie MacDonald**

25 Charlotte Street  
 Sydney, NS B1P 1B5  
 564-4477  
 Fax: 539-0567  
 psychology@ns.sympatico.ca  
 www.cbpsychology.net

*Specializing in children, adolescents, and families.*

**Family Service of Eastern  
Nova Scotia**

Toll free: 1-866-330-5952  
fsinfo@fsens.ns.ca  
www.fsens.ns.ca

**Kerstin Schauss**

Reclaim Therapy and Counseling  
Physical location: 37 Water Street  
Pictou, NS

Mailing Address: 1023 Meadowville  
Road, Scotsburn, NS B0K 1R0  
485-1735

*Provides Theraplay, Children and  
Adolescents Counselling, Individual  
Therapy, Parent-Child Therapy,  
Family and Marital Counselling.  
Common areas addressed in therapy  
are attachment, anxiety, depression,  
grief, parenting, trauma, divorce,  
behaviour problems of children.*

## Recreation Services

**Bayplex Recreation Centre**

151 Lower North Street  
Glace Bay, NS B1A 6B4  
849-6066  
Fax: 842-9232  
www.bayplex.ca

*Offers recreation programs and  
activities.*

**Big Brothers Big Sisters of Cape  
Breton County**

700 Victoria Road  
Sydney, NS B1P 5E1  
564-5437  
Fax: 564-9971

mentoring4kids@aol.com  
www.bigbrothersbigsisters.ca

**Big Brothers Big Sisters of Cape  
Breton County**

Causeway Shopping Centre  
201-634 Reeves Street  
Port Hawkesbury, NS B9A 2R7  
902-625-1634  
www.bigbrothersbigsisters.ca

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

**Boys and Girls Clubs of Canada—  
National Office**

2005 Sheppard Ave. East  
Suite 400  
Toronto, Ontario  
1 (905) 477-7272  
Fax: 1 (416) 640-5331  
info@bgccan.com

www.bgccan.com: Select "Find a  
Club" to find a club in your area,  
and click "Go." Clubs available in  
Dartmouth, Cole Harbour, Preston,  
Spryfield, Sackville, Truro/Colchester,  
and Yarmouth.

**Centennial Complex**

320 Esplanade  
 Sydney, NS B1P 7B9  
 563-5535  
 Fax: 564-0481

www.cbrm.ns.ca: Select "A Quick Link" on top right corner of page and choose "Facilities" from dropdown menu.

*Note that the arena is physically located at 205 Hospital Street.*

**Centre 200**

481 George Street  
 PO Box 1510  
 Sydney, NS B1P 6R7  
 564-2200  
 Fax: 539-4598  
 www.centre200.ca

*Multipurpose convention and recreation centre.*

**County Arena**

320 Esplanade  
 Sydney, NS B1P 7B9  
 562-6728  
 www.cbrm.ns.ca: Select "A Quick Link" on top right corner of page, select "Facilities," and then scroll down to arena site.

*Note that the arena is physically located at 305 Keltic Drive in Coxheath.*

**Dominion District Community Centre**

142 Kings Road  
 Dominion, NS B1G 1H6  
 849-6933  
 Fax: 849-6983

www.cbrm.ns.ca: Select "A Quick Link" on top right corner of page, select "Facilities," and then scroll down to arena site.

*Sports facility.*

**Dan K. Stevens Memorial Arena**

26 Arena Road  
 Eskasoni, NS B1W 1A1  
 379-2344

www.cbrm.ns.ca: Select "A Quick Link" on top right corner of page, select "Facilities," and then scroll down to arena site.

*Recreational centre for First Nations people.*

**Girl Guides of Canada—  
Nova Scotia Council**

423-3735  
 1 (800) 565-8111 (toll free)  
 Fax: 423-5347  
 ggcnsc@girlguides.ns.ca  
 www.girlguides.ns.ca

*Activities for girls ages 5 to 17 years, as well as women ages 18 and over.*

**Kidsport Nova Scotia**

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

**New Waterford & District  
Community Centre**

Victoria Avenue  
 PO Box 146

New Waterford, NS B1H 4K4  
862-6031  
www.cbrm.ns.ca: Select "A Quick Link" on top right corner of page, select "Facilities," and then scroll down to arena site.

**Parks Canada—**

**Atlantic Service Centre**

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

**Parks Canada—National Office**

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

*Oversees all national parks in Canada.*

**Recreation Nova Scotia**

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

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

**Scouts Canada**

84 Thorne Ave  
Dartmouth, NS B3B 1Y5  
423-9227

1 (800) 557-7268 (toll free)

Fax: 423-7989  
nsoffice@scouts.ca  
www.ns.scouts.ca

*Educational and recreation programs for youth.*

**Sport Nova Scotia**

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

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

**Whitney Pier Youth Club**

111 West Street  
PO Box 806  
Sydney, NS B1P 6J1  
567-0240  
Fax: 567-0853

wpyc@ns.sympatico.ca  
www.whitneypieryouthclub.ca

*Non-profit youth club with non-structured and structured programs for all ages.*

**YMCA of Cape Breton—**

**Port Hawkesbury**

606 Reeves Street  
Port Hawkesbury, NS B9A 2R7  
625-4600  
1 (866) 562-9622 (toll free)  
Fax: 625-0083  
www.cbymca.com

*Provides a range of recreational activities.*

**YMCA of Cape Breton – Glace Bay**

106 Reeves Street  
Glace Bay, NS B1A 4W5  
1 (866)562-9622 (toll free)

*Provides a range of recreational activities.*

**YMCA of Cape Breton—Sydney**

399 Charlotte Street  
Sydney, NS B1P 1E3  
562-9622  
1 (866) 562-9622 (toll free)  
www.cbymca.com

*Provides a range of recreational activities.*

## Special Needs

**Abilities Foundation of Nova Scotia**

3670 Kempt Road  
Halifax, NS B3K 4X8  
453-6000  
Fax: 454-6121  
admin@abilitiesfoundation.ns.ca  
www.abilitiesfoundation.ns.ca

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

**Accessible Nova Scotia**

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

*A group of individuals, businesses, government representatives,*

*and organizations who share a common vision of Nova Scotia as an accessible destination for both residents and visitors.*

**APSEA (Atlantic Provinces Special Education Authority)**

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

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

**Attention Deficit Association of Nova Scotia**

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

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

**Bell Aliant IP Relay**

To communicate with an IP Relay user, call: 1-877-855-7851  
For Help and Support for IP Relay:  
1-800-694-9313 (Voice);  
711 (TTY)

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



**Brain Injury Association  
of Nova Scotia**

13th Floor, Victoria Building  
VG Site, QEII Health Sciences Centre  
Halifax, NS  
473-7301

Fax: 473-7302

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

*Provides support for brain-injured  
people and their families.*

**Canadian Cystic Fibrosis Foundation  
—Cape Breton Island Chapter**

Sydney, Nova Scotia  
902-539-5246  
1 (800) 378-2233 (national toll-free  
number)  
bob.fortier@gmail.com

*Provides information and support to  
people affected by cystic fibrosis.*

**Canadian Diabetes Association  
Cape Breton Branch**

42 Coxheath Road  
Sydney, NS B1R 1R3  
902-564-6461  
Toll Free: 1 (800)326-7712  
Fax: 902-564-5354  
www.diabetes.ca

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

**Nova Scotia Down Syndrome  
Society**

902-477-6252  
mail@novascotiadownsyndrome.com  
www.novascotiadownsyndrome  
society.com

*Parent based contacts in Halifax,  
Annapolis Valley, Pictou, Cape  
Breton, and Antigonish.*

**Canadian National Institute  
for the Blind**

Sydney, NS B1P 1V7  
564-5711  
1 (800) 563-2642 (toll-free number  
for national office)  
Fax: 562-9802  
www.cnib.ca

*Offers rehabilitation services to those  
who are blind or visually impaired.  
This office serves residents of Cape  
Breton and eastern Nova Scotia up to  
Pictou County.*

**Canadian Paraplegic Association  
(Nova Scotia)**

1 (800) 889-1889 (toll free in  
Nova Scotia)  
sydney@canparaplegic.org  
www.thespine.ca

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

**Deaf Literacy Nova Scotia**

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

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

**Disability Tax Credit/  
Child Disability Benefit**

1 (800) 959-8281

www.cra.gc.ca: Enter into language of preference, then select "Persons with disabilities" from "Information For" column on the left.

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

**Epilepsy Association of Nova Scotia**

5880 Spring Garden Road, Suite 306

Halifax, NS B3H 1Y1

429-2633

1 (866) EPILEPSY (374-5377)

Fax: 425-0821

info@epilepsyns.com

www.epilepsyns.com

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

**Equal Education Association  
of Nova Scotia**

860-1759

info@eeans.com

www.eeans.com

*Non-profit association that advocates educational rights on*

*behalf of all children with learning disabilities in Nova Scotia.*

**Learning Disabilities Association  
of Nova Scotia**

2 Dartmouth Road

Bedford, NS B4A 2K7

423-2850

1 (877) 238-5322 (toll free)

Fax: 423-2834

info@ldans.ca

www.ldans.ca

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

**Newborn Hearing Screening  
Program—IWK**

5850/5980 University Avenue

PO Box 3070

Halifax, NS B3J 3G9

470-7146

Fax: 470-7950

nshgrace@nshsc.ns.ca

www.nshsc.ns.ca

*Provides early detection and treatment of hearing disorders.*

**Nova Scotia Hearing and Speech  
—Provincial Centre**

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

*Located in 24 communities throughout Nova Scotia.*

### **Nova Scotia Disabled Persons Commission**

Dartmouth Professional Centre  
277 Pleasant Street, Suite 104  
Dartmouth, NS B2Y 4B7  
424-8280  
1 (800) 565-8280 (toll free within  
Nova Scotia)  
[www.gov.ns.ca/disability](http://www.gov.ns.ca/disability)

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

### **Presidents Choice Children's Charity, Atlantic Region**

1 President's Choice Circle  
Brampton, Ontario L6Y 5S5  
1-877-525-4762  
Fax: 902-861-2307  
[PCCharity@Loblaws.ca](mailto:PCCharity@Loblaws.ca)

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

### **Provincial Autism Centre**

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

*Provides programs and services to the autism community while helping*

*families and professionals access resources and information about autism.*

### **reachAbility**

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

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

### **Society for Treatment of Autism**

541 Charlotte Street  
PO Box 392  
Sydney, NS B1P 6H2  
567-6441  
Fax: 567-0425  
[autism@ns.sympatico.ca](mailto:autism@ns.sympatico.ca)  
[www.nsnet.org/autismns](http://www.nsnet.org/autismns)

*Information and resources for individuals and families affected by autism spectrum disorders; also provides respite care.*

### **Society of Deaf and Hard of Hearing Nova Scotians**

762 Victoria Road  
Sydney, NS B1N 1J6  
564-0003 (voice, videophone, fax)  
TTY: 564-0486  
1 (888) 770-8555 (toll free within  
Nova Scotia)  
[cbdeaf@ns.sympatico.ca](mailto:cbdeaf@ns.sympatico.ca)  
[www.sdhhs.org](http://www.sdhhs.org)

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

### **Special Olympics Nova Scotia**

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

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

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

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

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

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

105-238 Brownlow Ave  
Dartmouth, NS B3B 2B4  
Veronica Marsman, president  
vmarsman@me.com  
Fax: 902-492-1908  
NS@childrenswish.ca  
www.childrenswish.ca

## Other Informational Resources

### **2-1-1 System**

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

### **Adopt—Assistance, Information, Support**

www.adopting.org

*American website with useful articles and information.*

### **Adoption Council of Canada**

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

*Website with useful articles and information.*

### **Adoptive Families Association of BC**

www.bcadoption.com/default.asp

*Website with useful articles and information*

### **Association of Black Social Workers**

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

*Follow the ABSW link.*

**Black Cultural Centre for Nova Scotia**

1149 Main St  
 Dartmouth, NS B2Z 1A8  
 434-6223; Fax: 434-2306; contact@bccns.com; www.bccns.com

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

**Cape Breton Family Resource Coalition**

106 Townsend Street  
 Sydney, NS B1P 5E1  
 562-5616  
 Fax: 562-8528

www.nscouncilfamily.org: Select "Parenting Directory" from top menu, then "Centres" on left menu, and click on "Cape Breton Family Resource Coalition" from list of centres.

*Various programs and services for families.*

**Cape Breton Regional Library**

50 Falmouth Street  
 Sydney, NS B1P 6X9  
 562-3279  
 Fax: 564-0765  
 inssc@nssc.library.ns.ca  
 www.cbri.ca

**Caregivers Nova Scotia**

3433 Dutch Village Road  
 Halifax, NS B3N 2S7  
 421-7390  
 Fax: 421-7338  
 info@caregiversns.org  
 www.caregiversnovascotiablog.wordpress.com

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

**Community Access Program—c@p**

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

*Sites with free access to computers and the Internet.*

**Eastern Counties Regional Library**

www.ecrl.library.ns.ca  
 Go to "Locations" to find a library in your area.

**Eastern Regional Help Line**

1482 George Street  
 Sydney, NS B1P 1P3  
 567-0330 (office line)  
 562-4357 (crisis line)  
 1 (800) 957-9995 (toll-free crisis line)  
 Fax: 567-0330  
 ERHL@hotmail.com

*Telephone referral and crisis intervention service. Provides direction, information, and emotional support. Crisis line open from 6 pm to midnight, seven days a week.*

**Eskasoni Health Centre**

44 Spencer's Lane  
 PO Box 7745  
 Eskasoni, NS B1W 1B3  
 379-3200  
 Fax: 379-2875

**Federation of Foster Families of Nova Scotia**

99 Wyse Road, Suite 350

Dartmouth, NS B3A 4S5

424-3071

1 (888) 845-1555 (toll free)

Fax: 424-5199

Carol Cole, administrative assistant—operations, [colectf@gov.ns.ca](mailto:colectf@gov.ns.ca)

[www.fosterfamilies.ns.ca](http://www.fosterfamilies.ns.ca)

*Provides support for foster families.*

**Halifax and Regional Military Family Resource Centre – Sydney Site**

1 Desbarres Street

Victoria Park

Sydney, NS B1P 6Z2

[info@halifaxmfrcc.ca](mailto:info@halifaxmfrcc.ca)

[www.halifaxmfrcc.ca/sydney-location](http://www.halifaxmfrcc.ca/sydney-location)

*Operates a part time office in the garrison at Victoria Park*

**Kids Help Phone**

457-4779 (regional office)

1 (800) 668-6868 (toll-free helpline)

Fax: 457-1074

[atlantic@kidshelpphone.ca](mailto:atlantic@kidshelpphone.ca)

[www.kidshelpphone.ca](http://www.kidshelpphone.ca)

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

**North American Council on Adoptable Children**

[www.nacac.org](http://www.nacac.org)

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

**Nova Scotia Association of Social Workers**

Plaza 1881, 1891 Brunswick Street, Suite 106

Halifax, NS B3J 2G8

429-7799

Fax: 429-7650

[nsasw@nsasw.org](mailto:nsasw@nsasw.org)

[www.nsasw.org](http://www.nsasw.org)

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

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

PO Box 128

Waterville, NS B0P 1V0

538-3103, ext. 112

Fax: 538-7022

[trc@nsnet.org](mailto:trc@nsnet.org)

[www.nsnet.org](http://www.nsnet.org)

*Provides links to websites of Nova Scotian community organizations.*

**Nova Scotia Council for the Family**

Parenting Resource Centres in Nova Scotia

[www.nscouncilfamily.org](http://www.nscouncilfamily.org)

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

**Nova Scotia Human Rights Commission—Sydney Office**

Provincial Building

360 Prince Street

Sydney, NS B1P 5L1

563-2140

1 (877) 269-7699 (toll free)

TTY: 424-3139

Fax: 563-5613

[hrcinquiries@gov.ns.ca](mailto:hrcinquiries@gov.ns.ca)

[www.gov.ns.ca/humanrights](http://www.gov.ns.ca/humanrights)

*Addresses complaints of discrimination and provides cultural diversity training.*

**Nova Scotia League for Equal Opportunities**

5251 Duke Street, Suite 1211

Halifax, NS B3J 1P3

455-6942

1 (866) 696-7536 (toll free)

Fax: 454-4781

[nsleo@eastlink.ca](mailto:nsleo@eastlink.ca)

[www.novascotialeo.org](http://www.novascotialeo.org)

*Advocacy organization working on behalf of people with disabilities.*

**Parenting Journey Program**

902-454-2036

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

**Passport Canada—Halifax Office**

1505 Barrington Street, Suite 1508

Halifax, NS B3J 3K5

1 (800) 567-6868 (toll free)

Fax: 426-4620

**St. John Ambulance—Cape Breton Regional Office**

479 George Street

Sydney, NS

564-4189

1 (888) 633-1115 (toll free)

Fax: 539-2730

[cbinfo@stjohnambulance.ns.ca](mailto:cbinfo@stjohnambulance.ns.ca)

[www.sja.ca](http://www.sja.ca)

*Provides first aid training and supplies.*

# NORTHERN REGION

## Advocacy

### **Accessible Nova Scotia**

1 (866) 696-7536 (toll free)

info@accessiblens.ca

www.accessiblens.ca

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

### **Deafness Advocacy Association of Nova Scotia**

1660 Hollis Street, Suite 803

Halifax, NS B3J 1V7

425-0240

TTY/videophone: 425-0119

Fax: 429-9312

daans@ns.sympatico.ca

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

### **Early Intervention Nova Scotia**

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

There are 21 early intervention programs throughout Nova Scotia.

### **Equal Education Association of Nova Scotia**

860-1759

info@eeans.com

www.eeans.com

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

### **Nova Scotia Disabled Persons Commission**

Dartmouth Professional Centre

277 Pleasant Street, Suite 104

Dartmouth, NS B2Y 4B7

424-8280

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

www.gov.ns.ca/dis

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



**SpecialLink: The National Centre for Child Care Inclusion**

76 Cottage Road  
 PO Box 775  
 Sydney, NS B1P 6G9  
 562-1662  
 1 (866) 902-6333 (toll free)  
 Fax: 539-9117  
[www.speciallinkcanada.org](http://www.speciallinkcanada.org)

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

**Child Development****Canso Area Daycare**

115 School Street  
 PO Box 269  
 Canso, NS B0H 1H0  
 366-2090

*Children ages 18 months to five years.*

**Child Care Connection Nova Scotia**

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

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

**Children's Place Day Care**

81 Church Street  
 Antigonish, NS B2G 2C9  
 863-4570

*Children ages 18 months to five years. Subsidized spaces available. Accepting children with special needs.*

**Children's Place Learning Centre**

19 Brookside Way  
 Antigonish, NS B2G 3A9  
 863-0614

*Preschool programs from 8:30 am to 11:30 am for children ages three to five years. After-school programs from 2:30 pm to 5:30 pm for children ages 5 to 12 years.*

**Cormier's Play & Learn**

Physical address: St. FX Early  
 Childhood Education Centre  
 Camden Hall, 12 Hillcrest Street  
 Mailing address: 42 Maple Drive  
 Antigonish, NS B2G 1G2  
 867-3872  
 Fax: 867-1587

Miriam Cormier, owner/operator  
 and co-director, mcormier@stfx.ca  
 Kimberly Cormier, co-director,  
 kacormier@stfx.ca

*Ages three months to six years.  
 Accepting children with special  
 needs.*

**Early Intervention Nova Scotia**

[www.earlyintervention.net](http://www.earlyintervention.net)  
 Click 'Resources' tab on top menu  
 and then click 'Your Area' to find a  
 program near you.

*There are 21 Early Intervention  
 Programs throughout Nova Scotia.*

**Family Home Child Care Society—  
 Pictou County**

281 Foord St  
 Stellarton, NS B0K 1S0  
 928-2211  
 Fax: 928-2253

*Licensed day-care agency. Screens  
 caregivers and approves homes.  
 Offers training for caregivers and  
 subsidized spaces for low-income  
 families. Service is free.*

**Lower South River Preschool**

4 South Side Harbour Road  
 Antigonish, NS B2G 2L4  
 863-0514  
 Fax: 863-0514

*Ages six months to five years.  
 Accepting children with special needs.*

**Paq'tnkek Day Care**

Afton, NS B0H 1A0  
 386-2244

*Children ages 18 months to five  
 years. Serves primarily First Nations  
 families. Accepting children with  
 special needs.*

**Ponderosa Play  
 and Learn After School Program**

17 Highland Drive Ext  
 Antigonish, NS B2G 3B7  
 867-4975

Annette Deyoung  
 and Effie Vincent, owners/operators,  
 jeffannette@eastlink.ca

*Ages 5 to 12 years. Accepting  
 children with special needs.*

**Ponderosa Play  
and Learn Children's Centre Inc.**

15 Ponderosa Drive  
Antigonish, NS B2G 2R4  
863-4975  
Fax: 863-2601  
Annette Deyoung and Effie Vincent,  
owners/operators,  
jeffannette@eastlink.ca

*Ages 18 months to five years.  
Accepting children with special  
needs up to age 12.*

**Red Apple Children's Centre—  
location one**

77 Highland Drive, Unit 24C  
Antigonish, NS B2G 1P4  
863-0430

*Ages 2 to 10 years.. Accepting  
children with special needs.*

**Red Apple Children's Centre—  
location two**

12 Carter Crescent  
Antigonish, NS B2G 2S8  
863-4357

*Ages 2 to 10 years. Accepting  
children with special needs.*

## Education

**APSEA (Atlantic Provinces Special  
Education Authority)**

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

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

**Chignecto-Central Regional  
School Board**

60 Lorne Street  
Truro, NS B2N 3K3  
897-8900  
1 (800) 770-0008 (toll free)  
Fax: 897-8989  
www.ccrsb.ednet.ns.ca

**Celtic Family of Schools, Chignecto-  
Central Regional School Board**

2561 Westville Road  
New Glasgow, NS B2H 5C6  
755-8132  
1 (800) 770-0008 (toll free,  
head office)  
Fax: 755-8155  
www.ccrsb.ednet.ns.ca/celtic.html

*Encompasses schools in Pictou County.*

**Chignecto Family of Schools,  
Chignecto-Central Regional  
School Board**

40 Church Street  
Springhill, NS B0M 1X0  
597-4207  
1 (800) 770-0008 (toll free,  
head office)  
Fax: 597-4220  
[www.ccrsb.ednet.ns.ca/chignecto.html](http://www.ccrsb.ednet.ns.ca/chignecto.html)

*Encompasses schools in  
Cumberland County.*

**Cobequid Family of Schools,  
Chignecto-Central Regional  
School Board**

60 Lorne Street  
Truro, NS B2N 3K3  
896-5737  
1 (800) 770-0008 (toll free,  
head office)  
Fax: 896-5747  
[www.ccrsb.ednet.ns.ca/cobequid.html](http://www.ccrsb.ednet.ns.ca/cobequid.html)

*Encompasses schools in  
Colchester County.*

**Nova Family of Schools, Chignecto-  
Central Regional School Board**

224 Highway 214, Suite 101  
Elmsdale, NS B2S 1J7  
883-5357  
1 (800) 770-0008 (toll free,  
head office)  
Fax: 883-5371  
[www.ccrsb.ednet.ns.ca/nova.html](http://www.ccrsb.ednet.ns.ca/nova.html)

*Encompasses schools in the  
Municipality of East Hants.*

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

CP 88  
Saulnierville, NE B0W 2Z0  
9248 Route 1, La Butte  
Meteghan River, NE B0W 2L0  
769-5458  
1 (888) 533-2727 (toll free)  
Fax: 769-5459  
[www.csap.ednet.ns.ca](http://www.csap.ednet.ns.ca)

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

**Equal Education Association  
of Nova Scotia**

860-1759  
[info@eeans.com](mailto:info@eeans.com)  
[www.eeans.com](http://www.eeans.com)

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

## Financial Services

### Canada Revenue Agency

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

*Provides information on child and family tax benefits.*

### Nova Scotia Department of Community Services—Income Assistance

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

*Provides income assistance to those in need.*

## Government Agencies and Departments

### Access Nova Scotia—Amherst

Service Nova Scotia and Municipal Relations  
144 Robert Angus Drive  
Amherst, NS B4H 4R7  
1 (800) 670-4357 (toll free)  
[askus@gov.ns.ca](mailto:askus@gov.ns.ca)  
[www.gov.ns.ca/snsmr](http://www.gov.ns.ca/snsmr)

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

### Access Nova Scotia—Antigonish

Service Nova Scotia and Municipal Relations  
Antigonish Mall Annex, Suite 3,  
149 Church Street  
Antigonish, NS B2G 2E2  
1 (800) 670-4357 (toll free)  
[askus@gov.ns.ca](mailto:askus@gov.ns.ca)  
[www.gov.ns.ca/snsmr](http://www.gov.ns.ca/snsmr)

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

### Access Nova Scotia—Truro

Service Nova Scotia and Municipal Relations  
80 Walker Street, Suite 3  
Truro, NS B2N 4A7  
1 (800) 670-4357 (toll free)  
[askus@gov.ns.ca](mailto:askus@gov.ns.ca)  
[www.gov.ns.ca/snsmr](http://www.gov.ns.ca/snsmr)

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

**Nova Scotia Department of  
Community Services – Colchester  
District Office**

60 Lorne Street  
PO Box 950  
Truro, NS B2N 3K3  
893-5950  
Fax: 893-5609  
[www.gov.ns.ca/coms](http://www.gov.ns.ca/coms)

**Nova Scotia Department  
of Community Services**

7 Campbell's Lane  
PO Box 488  
New Glasgow, NS B2H 2H9  
755-5950  
Fax: 755-7367  
[www.gov.ns.ca/coms](http://www.gov.ns.ca/coms)

**Nova Scotia Department of  
Community Services – Cumberland  
District Office**

26-28 Prince Arthur Street, Suite 201  
PO Box 399  
Amherst, NS B4H 1V6  
667-3336  
Fax: 667-1594  
[www.cumberlandfcs.com](http://www.cumberlandfcs.com)

**Indian and Northern Affairs,  
Adoption Team**

Indian Registration and Band List  
Department of Indian and Northern  
Development  
Ottawa, Ontario K1A 0H4  
1 (800) 567-9604 or 1 (819) 953-0960  
[infopubs@ainc-inac.gc.ca](mailto:infopubs@ainc-inac.gc.ca)

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

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

111 Membertou Street  
PO Box 179  
Shubenacadie, NS B0N 2H0  
758-3553  
1 (800) 263-8686 (toll free)  
Fax: 758-2390

**Mi'kmaq Family & Children's  
Services**

Indian Brook Office P.O Box 179  
Shubenacadie, NS B0N 2H0  
1-800-263-8686  
[martinth@gov.ns.ca](mailto:martinth@gov.ns.ca)

*Using PRIDE core in-service Modules,  
the program provides competency  
based training to foster and adoptive  
resource families designed to  
strengthen foster and adoptive care.  
PRIDE Core builds upon competencies  
learned in PRIDE*

*Pre-service training. For more info  
on Module descriptions, topics, key  
concepts, and registration please  
visit [www.gov.ns.ca/coms/families/  
fostercare/](http://www.gov.ns.ca/coms/families/fostercare/); PRIDE training schedule.*

**Municipality of Cumberland**

1395 Blair Lake Road, RR 6  
Amherst, NS B4H 3Y4  
667-2313  
Fax: 667-1352  
[info@cumberlandcounty.ns.ca](mailto:info@cumberlandcounty.ns.ca)  
[www.cumberlandcounty.ns.ca](http://www.cumberlandcounty.ns.ca)

**Municipality of Pictou County**

46 Municipal Drive  
 PO Box 910  
 Pictou, NS B0K 1H0  
 485-4311  
 752-1530 (toll-free number  
 for some Pictou County residents)  
 Fax: 485-6475  
[www.county.pictou.ns.ca](http://www.county.pictou.ns.ca)

**Municipality of the County  
 of Antigonish**

285 Beech Hill Road, RR 7,  
 Station Main  
 Antigonish, NS B2G 2L4  
 863-1117  
 Fax: 863-5751  
[www.antigonishcounty.ns.ca](http://www.antigonishcounty.ns.ca)

**Municipality of the County  
 of Colchester**

1 Church Street  
 PO Box 697  
 Truro, NS B2N 5E7  
 897-3160  
 Fax: 895-9983  
[www.colchester.ca](http://www.colchester.ca)

**Municipality of the District  
 of Guysborough**

33 Pleasant Street  
 PO Box 79  
 Guysborough, NS B0H 1N0  
 533-3705  
 Fax: 533-2749  
[www.modg.ca](http://www.modg.ca)

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

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

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

229 Main Street  
 Antigonish, NS B2G 2C3  
 863-3213  
 Fax: 863-7549  
[www.gov.ns.ca/coms](http://www.gov.ns.ca/coms)

**Nova Scotia Department  
 of Community Services—  
 Direct Family Support**

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

**Nova Scotia Department of  
Community Services—Direct  
Family Support—Northern  
Regional Office**

Aberdeen Business Centre  
610 East River Road, Suite 255  
New Glasgow, NS B2H 3S2  
755-7023

Fax: 752-5088

[www.gov.ns.ca/coms/disabilities/](http://www.gov.ns.ca/coms/disabilities/)

*Provides support and services  
to both children and adults with  
disabilities who live at home  
with their families.*

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

Nelson Place  
5675 Spring Garden Road, 5th Floor  
PO Box 696  
Halifax, NS B3J 2T7  
1 (866) 259-7780 (toll-free  
number for Nova Scotia Adoption  
Information Line)

424-4279

Fax: 424-0708

[www.gov.ns.ca/coms](http://www.gov.ns.ca/coms)

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

9996 Chedabucto Mall  
PO Box 90  
Guysborough, NS B0H 1N0  
533-4007

Fax: 533-3822

[www.gov.ns.ca/coms](http://www.gov.ns.ca/coms)

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

610 East River Road, Suite 255  
New Glasgow, NS B2H 3S2  
755-7023

Fax: 752-5088

[www.gov.ns.ca/coms](http://www.gov.ns.ca/coms)

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

161 Terra Cotta Drive  
New Glasgow, NS B2H 6B6  
755-7108

[goukatx@gov.ns.ca](mailto:goukatx@gov.ns.ca)

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

**Nova Scotia Office  
of the Ombudsman**

5670 Spring Garden Road, Suite 700  
PO Box 2152

Halifax, NS B3J 3B7

424-6780

1 (800) 670-1111 (toll free)

Fax: 424-6675

[ombudsman@gov.ns.ca](mailto:ombudsman@gov.ns.ca)

[www.gov.ns.ca/ombu](http://www.gov.ns.ca/ombu)



*Handles complaints against provincial and municipal government agencies and departments.*

**Service Canada Call Centre**

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

*Primary access point to find information on federal government services.*

**Service Canada — Amherst Office**

26-28 Prince Arthur Street, Suite 202  
Amherst, NS B4H 1V6  
661-6619  
1 (800)622-6232 (toll free)  
Fax: 661-6637  
www.servicecanada.gc.ca

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

**Service Canada — Antigonish Office**

Federal Building, 2nd Floor  
325 Main Street  
Antigonish, NS B2G 2C3  
863-7069  
1 (800)622-6232 (toll free)  
Fax: 863-7053  
www.servicecanada.gc.ca

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

**Service Canada—  
Guysborough Office**

Chedabucto Centre  
9956 Highway 16  
Guysborough, NS B0H 1N0  
533-2119  
1 (800)622-6232 (toll free)  
Fax: 533-2891  
www.servicecanada.gc.ca

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

**Service Canada—  
New Glasgow Office**

340 East River Road  
New Glasgow, NS B2H 3P7  
755-7826  
1 (800)622-6232 (toll free)  
Fax: 755-7869  
www.servicecanada.gc.ca

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

**Service Canada—Truro Office**

181 Willow Street  
Truro, NS B2N 4Z9  
893-0016  
1 (800)622-6232 (toll free)  
Fax: 893-0075  
www.servicecanada.gc.ca

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

**Service Nova Scotia and Municipal Relations—Public Enquiries**

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

[www.gov.ns.ca/snsmr/secure/contact/Default.asp?bhcp=1](http://www.gov.ns.ca/snsmr/secure/contact/Default.asp?bhcp=1)

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

**Town of Antigonish**

274 Main Street  
Antigonish, NS B2G 2C4  
863-0460  
Fax: 863-9201  
[www.townofantigonish.ca](http://www.townofantigonish.ca)

**Town of New Glasgow**

111 Provost Street  
PO Box 7  
New Glasgow, NS B2H 5E1  
755-7788  
Fax: 755-6242  
[www.newglasgow.ca](http://www.newglasgow.ca)

**Town of Pictou**

40 Water Street  
PO Box 640  
Pictou, NS B0K 1H0  
485-4372  
Fax: 485-8110  
[info@townofpictou.com](mailto:info@townofpictou.com)  
[www.townofpictou.com](http://www.townofpictou.com)

**Town of Stellarton**

250 Foord Street  
PO Box 2200  
Stellarton, NS B0K 1S0  
752-2114  
Fax: 755-4105  
[townoffice@town.stellarton.ns.ca](mailto:townoffice@town.stellarton.ns.ca)  
[www.stellarton.ca](http://www.stellarton.ca)

**Town of Trenton**

120 Main Street  
PO Box 328  
Trenton, NS B0K 1X0  
752-5311  
Fax: 752-0090  
[trenton@town.trenton.ns.ca](mailto:trenton@town.trenton.ns.ca)  
[www.town.trenton.ns.ca](http://www.town.trenton.ns.ca)

**Town of Truro**

695 Prince Street  
PO Box 427  
Truro, NS B2N 5C5  
895-4484  
Fax: 893-0501  
[town@truro.ca](mailto:town@truro.ca)  
[www.truro.ca](http://www.truro.ca)

**Town of Westville**

2042 Queen Street  
Westville, NS B0K 2A0  
396-1500  
Fax: 396-3986  
[www.westville.ca](http://www.westville.ca)

## International Services

### **Children of Choice Consulting**

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

*Specializes in international adoptions.*

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

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

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

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

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

### **Family Foundations Consulting**

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

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

### **Multicultural Association of Nova Scotia**

1113 Marginal Road  
Halifax, NS B3H 4P7  
423-6534  
Fax: 422-0881  
admin@mans.ns.ca  
www.mans.ns.ca

*Information and advocacy for  
multicultural groups within  
Nova Scotia.*

### **Nova Scotia Human Rights Commission**

2651 Westville Road, RR 3  
PO Box 728  
New Glasgow, NS B2H 5C6  
752-3086  
Fax: 755-7239  
hrcinquiries@gov.ns.ca  
www.gov.ns.ca/humanrights

*Addresses complaints of  
discrimination and provides cultural  
diversity training.*

## Legal Services

### **Antigonish Justice Centre**

11 James Street  
Antigonish, NS B2G 1R6  
863-3676 (court administrator)  
Fax: 863-7479

*Provincial and Family Court.*

### **Legal Information Society of Nova Scotia**

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

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

### **Nova Scotia Barristers' Society**

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

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

### **Nova Scotia Legal Aid**

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

### **Nova Scotia Legal Aid Commission—Head Office**

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

### **Pictou Justice Centre**

69 Water Street  
PO Box 1750  
Pictou, NS B0K 1H0  
485-7025  
Fax: 485-8934

### **Truro Justice Centre**

540 Prince Street  
Truro, NS B2N 1G1  
893-5840  
Fax: 893-6261

## **Mental Health**

### **Aberdeen Mental Health Services**

Aberdeen Hospital, 3rd Floor  
835 East River Road  
New Glasgow, NS B2H 3S6  
755-1137  
Fax: 928-0297  
www.aberdeenhospital.com

*Provides mental health services to  
citizens of Pictou County.*

**Canadian Mental Health Association—Colchester East Hants Branch**

600 Abenaki Road  
PO Box 1413  
Truro, NS B2N 5V2  
893-5554  
Toll Free: 1-800-460-2110 (within province)  
Fax: 893-0040  
Joyce McDonald, executive director,  
cmha@eastlink.ca  
www.cmhaceh.ca/

*Provides education and support to those with mental illness.*

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

825 East River Road  
PO Box 959  
New Glasgow, NS B2H 5K7  
755-9441  
Dale Robinson, president (CMHA—Pictou County Branch), drobins@ns.sympatico.ca  
www.cmha.ca

*Provides education and support for those with mental illness.*

**Colchester East Hants Health Authority Mental Health Services**

Colchester Regional Hospital  
207 Willow Street  
Truro, NS B2N 5A1  
893-5526  
Fax: 893-5551  
www.cehha.nshealth.ca: Select “Services & Programs” on left menu and then “Mental Health” from Services & Programs drop-down menu on left.

**Cumberland Mental Health Services**

Cumberland Health Authority  
33 Havelock Street  
Amherst, NS B4H 4W1  
667-3879  
Fax: 667-5959  
www.cha.nshealth.ca: Select “Mental Health” from top menu.

*Treatment for individuals with mental illness.*

**Guysborough Antigonish Strait Health Authority Mental Health Services—Antigonish**

St. Martha’s Regional Hospital  
25 Bay Street  
PO Box 1417  
Antigonish, NS B2G 2L7  
867-4500 ext 4273  
Fax: 867-1059  
www.gasha.nshealth.ca

## Physical Health

**Aberdeen Asthma Clinic**

Aberdeen Hospital  
835 East River Road  
New Glasgow, NS B2H 3S6  
752-7600, ext. 2960

*Patient education program for children and adults with asthma.*

**Aberdeen Hospital**

835 East River Road  
New Glasgow, NS B2H 3S6  
752-8311 (switchboard)  
752-7600 (auto attendant)  
Fax: 752-2332 (for medical records)  
www.aberdeenhospital.com

**Aberdeen Walk-in Clinic**

Aberdeen Business Centre  
610 East River Road  
New Glasgow, NS B2H 3S2  
752-7125

*Walk-in medical clinic. Open weekdays from 5 pm to 9 pm, Saturdays from 9 am to 1 pm, closed Sundays.*

**All Saints Springhill Hospital**

10 Princess Street  
Springhill, NS B0M 1X0  
597-3773

Fax: 597-3440

www.cha.nshealth.ca: Click on "Our Hospitals" and then "Springhill (All Saints Springhill Hospital)" on map.

**Asthma Education Clinic**

Colchester Regional Hospital  
207 Willow Street  
Truro, NS B2N 5A1  
893-5554, ext. 2396  
Fax: 893-8888

*Patient education programs for children and adults with asthma. Physician referral is required.*

**Brain Tumour Foundation of Canada**

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

*Brain tumour support group.*

**Capital Health—QEII Health Sciences Centre**

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

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

*The largest health sciences centre in Atlantic Canada.*

**Canadian Red Cross**

www.redcross.ca Select 'Contact Us' and scroll down to Atlantic Zone Office. Click on 'Offices within Atlantic Canada' and scroll down to Nova Scotia Region where you will find an office near you.

**Colchester East Hants Health Authority**

600 Abenaki Road  
Truro  
893-5554  
893-4321 (switchboard)  
1 (800) 460-2110 (toll free)  
Fax: 893-0040  
www.cehha.nshealth.ca

**Colchester Regional Hospital**

Truro, NS B2N 5A1  
893-5554 (auto attendant)  
893-4321 (switchboard)  
1 (800) 460-2110 (toll free in Nova Scotia)  
Fax: 893-5559

www.cehha.nshealth.ca: Select "Our Facilities" on left menu and then "Colchester Regional Hospital."

**Cumberland Health Authority**

34 Prince Arthur Street  
 Amherst, NS B4H 3B3  
 661-1090  
 Fax: 667-1125  
[www.cha.nshealth.ca](http://www.cha.nshealth.ca): Select  
 “Cumberland Health Authority”  
 from top menu.

**Cumberland Regional Health  
Care Centre**

19428 Highway 2, RR 6  
 Amherst, NS B4H 1N6  
 667-3361  
 Fax: 667-6306  
[www.cha.nshealth.ca](http://www.cha.nshealth.ca): Select “Our  
 Hospitals” and then “Upper Nappan  
 (Cumberland Regional Health Care  
 Centre)” on map.

**Directory of Family Physicians  
Accepting New Patients**

[www.gov.ns.ca/health/physicians/  
 physicians.asp](http://www.gov.ns.ca/health/physicians/physicians.asp)  
 424-3047

**Directory of French Speaking  
Primary Health Care Providers**

[www.gov.ns.ca/health/frhcp/](http://www.gov.ns.ca/health/frhcp/)

**Doctors Nova Scotia**

25 Spectacle Lake Drive  
 Dartmouth, NS B3B 1X7  
 468-1866  
 Fax: 468-6578  
[info@doctorsns.com](mailto:info@doctorsns.com)  
[www.doctorsns.com](http://www.doctorsns.com)

*Professional association of  
 Nova Scotia’s doctors.*

**Eastern Memorial Hospital**

1746 Union Street  
 PO Box 10  
 Canso, NS B0H 1H0  
 366-2794  
 Fax: 366-2740  
 Rose Richardson, RN, facility manager,  
[r Richardson@gasha.nshealth.ca](mailto:r Richardson@gasha.nshealth.ca)  
[www.erhb.ns.ca](http://www.erhb.ns.ca): Select “Our  
 Hospitals” from top menu and  
 then “Eastern Memorial Hospital”  
 from left menu.

*Contains 24-hour emergency  
 department.*

**Guysborough Antigonish Strait  
Health Authority**

25 Bay Street  
 Antigonish, NS B2G 2G5  
 867-4273  
 Fax: 867-1059  
 Heather MacKay, director of public  
 relations, [heatherk.mackay@gasha.  
 nshealth.ca](mailto:heatherk.mackay@gasha.nshealth.ca)  
[www.gasha.nshealth.ca](http://www.gasha.nshealth.ca)

**Guysborough Memorial Hospital**

10560 Route 16  
 PO Box 170  
 Guysborough, NS B0H 1H0  
 533-3702  
 Fax: 533-4066  
 Elaine MacMaster, RN, facility man-  
 ager, [emacmaster@gasha.nshealth.ca](mailto:emacmaster@gasha.nshealth.ca)  
[www.gasha.nshealth.ca](http://www.gasha.nshealth.ca): Select “Our  
 Hospitals” from top menu and then  
 “Guysborough Memorial Hospital”  
 from left menu.

**Health Canada**

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

*Deals with any matter within the  
 jurisdiction of Health Canada.*

**Health Promotion Clearinghouse—  
 Nova Scotia**

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

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

**IWK Health Centre**

5850/5980 University Avenue  
 PO Box 9700  
 Halifax, NS B3K 6R8  
 470-8888 (switchboard)  
 Fax: 470-6790  
 feedback@iwk.nshealth.ca (general  
 inquiries only)  
 www.iwk.nshealth.ca

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

**IWK Health Centre—  
 Child Safety Link**

5850/5980 University Avenue  
 PO Box 9700  
 Halifax, NS B3K 6R8  
 470-6496  
 1 (866) 288-1388 (toll free  
 outside Halifax)  
 Fax: 470-6774  
 childsafetylink@iwk.nshealth.ca  
 www.childsafetylink.ca

*Poison prevention information and  
 other injury prevention information.*

**IWK Regional Poison Centre**

5850 University Avenue  
 PO Box 9700  
 Halifax, NS B3K 6R8  
**FOR ALL POISON EMERGENCIES,  
 DIAL 911 AND ASK TO SPEAK TO  
 THE POISON CENTRE.**  
 470-8161 (Halifax-only  
 emergency line)  
 1 (800) 565-8161 (toll-free emergency  
 line for rest of Nova Scotia)  
 Fax: 470-7213  
 Toll-free, 24-hour poison  
 information service.

**Lillian Fraser Memorial Hospital**

110 Blair Avenue  
 PO Box 40  
 Tatamagouche, NS B0K 1V0  
 657-2382  
 Fax: 657-3745  
 www.cehha.nshealth.ca: Select  
 “Our Facilities” and then “Lillian  
 Fraser Memorial Hospital.”



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

1 (800) 668-7682 (toll free in  
Nova Scotia)  
info@ns.lung.ca

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

**Lung Association of Nova Scotia  
Provincial Office**

6331 Lady Hammond Road  
Halifax, NS B3K 2S2  
443-8141  
Fax: 445-2573  
info@ns.lung.ca  
www.ns.lung.ca

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

**Medical Services Insurance (MSI)**

Physical location: 230 Brownlow Ave  
Dartmouth, NS  
Mailing address: PO Box 500  
Halifax, NS B3J 2S1  
496-7008  
1 (800) 563-8880 (toll free)  
Fax: 481-3160 (registration)  
msienquiry@medavie.bluecross.ca  
www.gov.ns.ca/health/msi.htm

*Provides eligible residents with  
coverage for medically required  
health services.*

**North Cumberland  
Memorial Hospital**

260 Church Street  
Pugwash, NS B0K 1L0  
243-2521

Fax: 243-2941

www.cha.nshealth.ca: Select “Our  
Hospitals” from top menu and then  
“Pugwash (North Cumberland Me-  
morial Hospital)” from the map.

**Nova Scotia Department of Health  
and Wellness**

PO Box 488  
Halifax, NS B3J 2R8  
424-5818  
1 (800) 387-6665 (toll free)  
Fax: 424-0730  
dohweb@gov.ns.ca  
www.gov.ns.ca/dhwl

**Nova Scotia Rehabilitation Centre**

1341 Summer Street  
Halifax, NS B3H 1K1  
473-2700 (main switchboard to all  
hospitals; you will have to tell the  
operator which department or doctor  
you wish to speak with)  
www.cdha.nshealth.ca: Click “Hos-  
pitals/Health Centres” on left, then  
“Queen Elizabeth II Health Sciences  
Centre.” Click “Nova Scotia Reha-  
bilitation Centre” under “Victoria  
General site buildings” on right side  
of centre of page.

*Cross-disability rehabilitation facility.*

**Pediatric Consultants**

Dr. Amit, Dr. Faruqi, Dr. Ortiz-Alvarez  
 23 Bay Street  
 Antigonish, NS B2G 2G7  
 867-1417  
 Fax: 863-1186

**Ronald McDonald House Atlantic Canada**

Friends of Children (Atlantic)  
 Association  
 1133 Tower Road  
 Halifax, NS B3H 2Y7  
 429-4044  
 Fax: 429-8650  
 house@rmhatlantic.ca  
 www.rmhatlantic.ca

**St. Martha's Regional Hospital**

25 Bay Street  
 Antigonish, NS B2G 2G5  
 863-1131 (switchboard)  
 www.gasha.nshealth.ca: Select "Our Hospitals" from top menu and then "St. Martha's Regional Hospital" from menu on left.

**St. Mary's Memorial Hospital**

91 Hospital Road  
 PO Box 299  
 Sherbrooke, NS B0J 3C0  
 522-2882  
 Fax: 522-2556  
 www.gasha.nshealth.ca Select "Hospitals" from top menu and then "St. Mary's Memorial Hospital" from menu on left.

**South Cumberland Community Care Centre**

50 Jenks Avenue  
 Parrsboro, NS B0M 1S0  
 254-2540  
 Fax: 254-2504  
 www.cha.nshealth.ca: Select "Our Hospitals" from top menu and then "Parrsboro (South Cumberland Community Care Centre)" from the map.  
*Contains 24-hour emergency department.*

**Strait Richmond Hospital**

138 Hospital Road  
 Evanston, NS B0E 1J0  
 625-3100  
 Fax: 625-3804  
 Andrea Boyd-White, facility manager, andrea.boyd-white@gasha.nshealth.ns.ca  
 www.gasha.nshealth.ca: Select "Our Hospitals" from top menu and then "Strait Richmond Hospital" from menu on left.

**Sutherland Harris Memorial Hospital**

222 Haliburton Road  
 PO Box 1059  
 Pictou, NS B0K 1H0  
 485-4324  
 www.pcha.nshealth.ca: Select "Sutherland Harris Memorial Hospital" from top menu.

**Truro Walk In Clinic**

Fundy Trail Mall  
68 Robie Street  
Truro, NS B2N 1L2  
893-3635

*Walk-in medical clinic. Open weekdays from 5:30 pm to 10 pm, weekends and holidays from 11:30 am to 5 pm.*

**Psychological Services**

**Dr. Gail Andrew**

57 Willowdale Lane  
Antigonish, NS B2G 2J1  
870-1412  
Fax: 867-1104  
g.andrew@ns.sympatico.ca

**Association of Psychologists of Nova Scotia**

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

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

**Dr. Patricia A. Gerrior**

155 Main Street  
Antigonish, NS B2G 2S3  
863-8303  
Fax: 928-0297  
patricia.gerrior@pcha.nshealth.ca

*Provides evening appointments; experienced in adoption issues.*

**S. Margaret Grant**

117 Dominion Street  
Truro, NS B2N 3P6  
895-8558  
Fax: 895-1363  
sm\_grant@ns.aliantzinc.ca

*Registered psychologist with experience in adoption issues; works with families, individuals, and couples to create and maintain happier, healthier, and more productive lives.*

**Family Service of Eastern Nova Scotia**

Head Office, 295 George St, Suite 302  
Sydney, NS, B1P 1J7  
539-6868  
www.fsens.ns.ca

*Private, non-denominational, non-profit agency that offers therapy, family life education/programming, and options/adoption counselling. There are many locations across Eastern Nova Scotia.*

**Gary Neufeld**

6870 RR 2  
Guysborough, NS B0H 1N0  
358-2097  
Fax: 358-2097

*Family and individual therapy.*

**Betsy Prager**

PO Box 1066  
Amherst, NS B4H 4E2  
669-0757

*Social work practitioner with experience in working with children with history of child abuse and neglect, past trauma. She is currently working at Addiction Services Nova Scotia.*

**Kerstin Schauss**

Reclaim Therapy and Counseling  
Physical location: 37 Water Street  
Pictou, NS  
Mailing Address: 1023 Meadowville  
Road, Scotsburn, NS B0K 1R0  
485-1735

*Provides Theraplay, Children and Adolescents Counselling, Individual Therapy, Parent-Child Therapy, Family and Marital Counselling. Common areas addressed in therapy are attachment, anxiety, depression, grief, parenting, trauma, divorce, behaviour problems of children.*

**Dr. Jolaine C. States**

Imani Psychological Services  
16 Ross Street  
Truro, NS B2N 4E1  
843-5586  
Fax: 895-6243  
drpurple@eastlink.ca

*Provides family and child services using therapy and play therapy.*

**Beverly D. Zinck**

Pathways Psychological Services, Inc.  
14 Court Street, Suite 204  
Truro, NS B2N 3H7  
895-0082  
Fax: 895-2903  
pathways@ns.aliantzinc.ca

*Developmental assessments and skill building for those with special needs.*

**Recreation Services**

**4-H Provincial Club**

157 College Road  
PO Box 550  
Bible Hill, NS B2N 5E3  
Jacqueline Hoyt, acting central  
region 4-H specialist, 893-6586  
Faye Lennerton, provincial secretary,  
893-6585  
Fax: 893-2757  
www.gov.ns.ca/agri/4h

*Rural and agricultural projects for ages 9 to 21 years.*

**Antigonish Arena**

30 James Street  
Antigonish, NS B2G 1R7  
863-1469  
Fax: 863-1538  
antigonish.arena@ns.sympatico.ca  
www.antigonisharena.com

**Big Brothers Big Sisters  
Association of Colchester**

26 Logan Street  
Truro, NS B2N 3Z3  
895-4562  
Fax: 895-2169  
info@colchesterkids.ca

[www.colchesterkids.ca](http://www.colchesterkids.ca)

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

### **Big Brothers Big Sisters of Antigonish**

220 Main Street, Suite 103  
Antigonish, NS B2G 2C2  
863-5332  
Fax: 863-5332  
[kid1@eastlink.ca](mailto:kid1@eastlink.ca)  
[www.bbbsofanti.com](http://www.bbbsofanti.com)

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

### **Big Brothers Big Sisters of Pictou County**

74 Stellarton Road  
PO Box 781  
New Glasgow, NS B2H 5G2  
752-6260  
Fax: 752-6262

[bigbrothers@eastlink.ca](mailto:bigbrothers@eastlink.ca)  
[www.bbbsofpc.com](http://www.bbbsofpc.com)

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

### **Boys and Girls Clubs of Canada—National Office**

2005 Sheppard Ave. East, Suite 400,  
Toronto, Ontario  
1 (905) 477-7272  
Fax: 1 (416) 640-5331  
[info@bgccan.com](mailto:info@bgccan.com)

[www.bgccan.com](http://www.bgccan.com): Select “Find a Club” to find a club in your area, and click “Go.” Clubs available in Dartmouth, Cole Harbour, Preston, Spryfield, Sackville, Truro/Colchester, and Yarmouth.

### **Colchester Legion Stadium**

14 Lorne Street  
Truro, NS B2N 5C1  
893-1701

### **Girl Guides of Canada—Nova Scotia Council**

423-3735  
1 (800) 565-8111 (toll free)  
Fax: 423-5347  
[ggcns@girlguides.ns.ca](mailto:ggcns@girlguides.ns.ca)  
[www.girlguides.ns.ca](http://www.girlguides.ns.ca)

*Activities for girls ages 5 to 17 years, as well as women ages 18 and over.*

### **Kidsport Nova Scotia**

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

### **Municipality of Pictou County— Recreation Department**

28 Willow Street  
PO Box 910  
Pictou, NS B0K 1H0  
485-8528 (main recreation line)  
752-1530 (toll free for some  
residents of Pictou County)  
Fax: 485-8839  
recreation@county.pictou.ns.ca  
[www.county.pictou.ns.ca](http://www.county.pictou.ns.ca): Select  
"Recreation."

*Offers a variety of summer  
recreation programs for children.*

### **New Glasgow Recreation Department**

Marina office: 15 Riverside Parkway  
John Brother MacDonald Stadium  
office: 530 Washington Street  
PO Box 7  
New Glasgow, NS B2H 5E1  
755-8363  
Fax: 755-6445 (Marina)  
Fax: 755-8311 (Stadium)  
Norma MacLeod, Recreation/  
Leisure Services coordinator, nma-  
cleod@newglasgow.ca

[www.newglasgow.ca](http://www.newglasgow.ca) Select 'Departments' and click on 'Community Development' and then 'Recreation'.

*Offers a number of recreation  
activities for all age groups.*

### **Parks Canada— Atlantic Service Centre**

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

### **Parks Canada—National Office**

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

*Oversees all national parks in Canada.*

### **Pictou County Special Olympics**

PO Box 1842  
Stellarton, NS B0K 1S0  
752-1883  
Fax: 752-4256  
Cathy Mason, regional coordinator,  
cathy.mason@ns.sympatico.ca  
[www.sons.ca](http://www.sons.ca) Select 'Special Olym-  
pics in your Community' and then  
select 'Pictou'.

### **Recreation Nova Scotia**

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

[www.recreationns.ns.ca](http://www.recreationns.ns.ca)

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

**Scotia Pool**

80 Research Drive  
Bible Hill, NS B61 2R2  
893-6364  
Fax: 893-6317  
[scotiapool@ns.sympatico.ca](mailto:scotiapool@ns.sympatico.ca)  
[www.nsac.ns.ca/athletics/pool.asp](http://www.nsac.ns.ca/athletics/pool.asp)

**Scouts Canada**

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

**Sport Nova Scotia**

5516 Spring Garden Road, 4th Floor  
Halifax, NS B3J 1G6  
425-5450  
Fax: 425-5606  
[sportns@sportnovascotia.ca](mailto:sportns@sportnovascotia.ca)  
[www.sportnovascotia.ca](http://www.sportnovascotia.ca)  
*Promotes the benefits of health, personal development, and achievement for all participants. Works to increase public awareness of the benefits of amateur sport.*

**Stellarton Recreation and Culture**

250 Foord Street  
PO Box 1478  
Stellarton, NS B0K 1S0  
752-8944  
Fax: 755-4105  
[www.stellarton.ca](http://www.stellarton.ca) Select 'Virtual Town Hall' on top menu and then 'Recreation' on right side of page.  
*Offers recreation programs and services for all ages.*

**Stellarton Youth Centre**

248 Foord Street  
PO Box 1478  
Stellarton, NS B0K 1S0  
752-1045  
*Drop-in youth centre for ages 10 to 16. Open Wednesday to Friday from 2 pm to 9 pm.*

**StFX Fitness & Recreation Department**

St. Francis Xavier University  
PO Box 5000  
Antigonish, NS B2G 2W5  
867-2181  
Fax: 867-2455  
[www.stfx.ca/athletics/fitnessmain.html](http://www.stfx.ca/athletics/fitnessmain.html)

**Town of Amherst Department of Community and Economic Development**

98 East Victoria Road  
Amherst, NS B4H 4A1  
667-3352  
Fax: 667-3356  
Jennifer Borne, executive assistant,  
[jborne@town.amherst.ns.ca](mailto:jborne@town.amherst.ns.ca)

www.amherstns.com: Select 'Community and Economic Development'.

*Offers a variety of programs throughout the year to the general public.*

### **Trenton Recreation**

PO Box 328

Trenton, NS B0K 1X0

752-1019

Fax: 752-0020

www.town.trenton.ns.ca: Select "Recreation" on left side of page.

*Offers a number of recreation activities for all age groups.*

### **Truro Boys and Girls Club**

175 Victoria Street

Truro, NS B2N 1Z5

895-5008

Fax: 893-1171

tbgc\_programdirector@ns.aliantzinc.ca

www.bgctc.ca

*Offers recreation and social activities for children.*

### **Truro Centennial Pool**

36 Arthur Street

Truro, NS B2N 1X5

895-1110

Fax: 893-5610

www.truro.ca/truro-centennial-pool.html

### **YMCA of Cumberland**

92 Church Street

PO Box 552

Amherst, NS B4H 4A1

667-9112

Fax: 661-4692

info@ymcaofcumberland.com

www.ymcaofcumberland.com

*Offers a range of recreation services for all age groups. Provides subsidized services, child care, and fitness facilities.*

### **YMCA of Pictou County**

2756 Westville Road

New Glasgow, NS B2H 3P5

752-0202

Fax: 755-3446

www.pcmca.ca

*Pool, gymnasium, and programs for adults and youth.*

## Special Needs

### **Abilities Foundation of Nova Scotia**

3670 Kempt Road

Halifax, NS B3K 4X8

453-6000

Fax: 454-6121

admin@abilitiesfoundation.ns.ca

www.abilitiesfoundation.ns.ca

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

### **Accessible Nova Scotia**

1 (866) 696-7536 (toll free)

info@accessiblens.ca

www.accessiblens.ca



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

**APSEA (Atlantic Provinces Special Education Authority)**

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

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

APSEA—Services for students  
John McConnell, director,  
mcconnellj@apsea.ca

APSEA—Services for students  
who are deaf or hard of hearing.  
Joan Skinner, director, skinnerj@  
apsea.ca

**Attention Deficit Association  
of Nova Scotia**

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

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

**Bell Aliant IP Relay**

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

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

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

**Brain Injury Association  
of Nova Scotia**

QEII Health Sciences Centre  
Halifax, NS  
473-7301  
Fax: 473-7302

bians1@ns.sympatico.ca  
www3.ns.sympatico.ca/bians1/  
*Provides support for brain-injured people and their families.*

**Canadian Cystic Fibrosis  
Foundation—Scotia Chapter**

1801 Hollis Street, Suite 415  
Halifax, NS B3J 3N4  
425-2462

1 (800) 378-2233 (national toll-free number)

Fax: 422-2956  
Pamela Barnes, development coordinator,  
pamela@cfnovascotia.ca  
www.cysticfibrosis.ca

*Provides information and support to people affected by cystic fibrosis.*

**Canadian Diabetes Association**

Regional Leadership Centre  
137 Chain Lake Drive, Suite 101  
Halifax, NS B3S 1B3  
453-4232

1 (800) 326-7712 (toll free)

Fax: 453-4440

[www.diabetes.ca](http://www.diabetes.ca)

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

### **Canadian National Institute for the Blind**

6136 Almon Street

Halifax, NS B3K 1T8

453-1480

1 (800) 563- 2642 (toll-free number for national office)

Fax: 454-6570

[nspei@cnib.ca](mailto:nspei@cnib.ca)

[www.cnib.ca](http://www.cnib.ca)

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

### **Canadian Paraplegic Association (Nova Scotia)**

Mainland Nova Scotia & Head Office

Halifax Shopping Centre, Tower 1

Suite 317A

Halifax, NS B3L 4N9

423-1277

1 (800) 889-1889 (toll free within Nova Scotia)

Fax: 492-1213

[halifax@canparaplegic.org](mailto:halifax@canparaplegic.org)

[www.thespine.ca](http://www.thespine.ca)

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

### **Career Connections**

138 Campbell Street

New Glasgow, NS B2H 2V6

752-6826

Fax: 755-2963

[information@careerconnections.ca](mailto:information@careerconnections.ca)

[www.careerconnections.ns.ca](http://www.careerconnections.ns.ca)

*Employment services for unemployed residents of Pictou County.*

### **Chignecto-Central Regional School Board—Student Services**

60 Lorne Street

Truro, NS B2N 3K3

1 (800) 770-0008 (toll free)

Fax: 897-8989

Joan Westoll, coordinator, [westollj@ccrsb.ednet.ns.ca](mailto:westollj@ccrsb.ednet.ns.ca)

[www.ccrsb.ca](http://www.ccrsb.ca)

*Provides services to students with special needs.*

### **Deaf Literacy Nova Scotia**

c/o Society of Deaf and Hard of Hearing Nova Scotians

1657 Barrington Street, Suite 117

Halifax, NS B3J 2A1

423-3353

422-7130 (voice, videophone, TTY)

Fax: 492-3864

[dlns@ns.sympatico.ca](mailto:dlns@ns.sympatico.ca)

[www.dlns.ca](http://www.dlns.ca)

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

**Disability Tax Credit/  
Child Disability Benefit**

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

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

**Epilepsy Association of Nova Scotia**

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

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

**Equal Education Association  
of Nova Scotia**

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

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

**Learning Disabilities Association  
of Nova Scotia**

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

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

**Maggie's Place: A Resource Centre  
for Families (Colchester)**

129 Arthur Street  
Truro, NS B2N 1Y2  
895-0200  
Fax: 897-0127  
info@maggiesplace.ca  
www.maggiesplace.ca

*Various parenting programs and playgroups for young children. Prenatal and newborn support.*

**Maggie's Place: A Resource Centre  
for Families (Cumberland)**

11 Elmwood Drive  
Amherst, NS B4H 4L2  
667-7250  
Fax: 667-0585  
cumberland@maggiesplace.ca  
www.maggiesplace.ca

*Various parenting programs and playgroups for young children. Prenatal and newborn support.*

**Mariposa Reading Achievement Centre Ltd.**

163 Highway 214, Suite 1  
Elmsdale, NS B2S 1G7  
883-8200

62A Dominion Street  
Truro, NS B2N 3P1  
893-2646  
Fax: 895-9666  
mariposareadingcentre@gmail.com  
www.mariposa-reading.com  
*Reading therapy program in both  
English and French.*

**Maritime Dyslexia Correction Centre**

802 Prince Street, Suite 202  
Truro, NS B2N 1H1  
895-9015  
Fax: 895-9016  
www.maritimedcc.com  
*Serves ages seven and older.*

**Newborn Hearing Screening Program — IWK**

5850/5980 University Avenue  
PO Box 3070  
Halifax, NS B3J 3G9  
470-7146  
Fax: 470-7950  
nshgrace@nshsc.ns.ca  
www.nshsc.ns.ca  
*Provides early detection and  
treatment of hearing disorders.*

**Northern Region Respite Services**

224 Temperance Street  
New Glasgow, NS B2H 3B4  
752-9452  
Fax: 752-4256

nrrs@eastlink.ca  
www.nsnet.org/hcrs

*Provides respite for families who  
have children with special needs  
and intellectual disabilities.*

**Nova Scotia Disabled Persons Commission**

Dartmouth Professional Centre  
277 Pleasant Street, Suite 104  
Dartmouth, NS B2Y 4B7  
424-8280  
1 (800) 565-8280 (toll free within  
Nova Scotia)  
www.gov.ns.ca/disa

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

**Nova Scotia Hearing and Speech Centres—Provincial Centre**

www.nshsc.ns.ca Select 'Find  
Us' and then click on the area you  
would like to learn more about.  
*Located in 24 communities  
throughout Nova Scotia.*

**Pictou County Health Authority**

Aberdeen Hospital  
835 East River Road  
New Glasgow, NS B2H 3S6  
755-1137 (Monday to Friday, 8:30 am  
to 4:30 pm; voicemail unavailable)

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

**Presidents Choice Children’s Charity—Atlantic Region**

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

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

**Provincial Autism Centre**

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

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

**reachAbility**

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

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

**Society of Deaf and Hard of Hearing Nova Scotians**

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

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

**Special Olympics Nova Scotia**

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

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

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

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

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

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

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

## Other Informational Resources

**2-1-1 System**

<http://ns.211.ca>

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

**Adopt—Assistance, Information,  
Support**

[www.adopting.org](http://www.adopting.org)

*American website with useful articles and information.*

**Adoption Council of Canada**

1 (888) 542-3678 (toll free)  
[www.adoption.ca](http://www.adoption.ca)

*Website with useful articles and information.*

**Adoption Support Group  
of Antigonish**

Mary Ann Burke  
[jimburke@ns.sympatico.ca](mailto:jimburke@ns.sympatico.ca)

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

**Adoptive Families Association of BC**

[www.bcadoption.com/default.asp](http://www.bcadoption.com/default.asp)

*Website with useful articles and information*

**Antigonish Library**

283 Main Street  
 Antigonish, NS B2G 2C3  
 863-4276  
[antigonish@nsnqp.library.ns.ca](mailto:antigonish@nsnqp.library.ns.ca)

**Association of Black Social Workers**

6414 Coburg Road  
 Halifax, NS B3H 3J5  
 Veronica Marsman, president  
[vmarsman@me.com](mailto:vmarsman@me.com)  
[www.nsasw.org](http://www.nsasw.org): Follow the ABSW link.

**Black Cultural Centre for Nova Scotia**

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

**Caregivers Nova Scotia**

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

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

**Child Help Initiative Program (CHIP)**

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

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

**Colchester–East Hants Public Library—Truro Branch**

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

**Community Access Program—c@p**

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

**Confederacy of Mainland Mi'kmaq**

PO Box 1590  
 57 Martin Crescent  
 Truro, NS B2N 5V3  
 895-6385  
 Fax: 893-1520  
[www.cmmns.com](http://www.cmmns.com)

### **Federation of Foster Families of Nova Scotia**

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

1 (888) 845-1555 (toll free)

Fax: 424-5199

Carol Cole, administrative assistant—  
operations, [colectf@gov.ns.ca](mailto:colectf@gov.ns.ca)  
[www.fosterfamilies.ns.ca](http://www.fosterfamilies.ns.ca)

*Provides support for foster families.*

### **Kids First Association**

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

Fax: 755-1630

Michelle Ward, executive director,  
[mward@kids1st.ca](mailto:mward@kids1st.ca)

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

### **Kids First Family Resource Centre (Antigonish)**

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

Fax: 863-3857

[antigonish@kids1st.ca](mailto:antigonish@kids1st.ca)

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

### **Kids First Family Resource Centre (Guysborough)**

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

Fax: 533-2456

[guysborough@kids1st.ca](mailto:guysborough@kids1st.ca)

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

### **Kids First Family Resource Centre (Pictou County)**

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

[pictou@kids1st.ca](mailto:pictou@kids1st.ca)

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

### **Kids Help Phone**

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

Fax: 457-1074

[atlantic@kidshelpphone.ca](mailto:atlantic@kidshelpphone.ca)  
[www.kidshelpphone.ca](http://www.kidshelpphone.ca)

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



**North American Council  
on Adoptable Children**

[www.nacac.org](http://www.nacac.org)

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

**Nova Scotia Association  
of Social Workers**

Plaza 1881, 1891 Brunswick Street,  
Suite 106

Halifax, NS B3J 2G8

429-7799; Fax: 429-7650

[nsasw@nsasw.org](mailto:nsasw@nsasw.org)

[www.nsasw.org](http://www.nsasw.org)

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

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

PO Box 128

Waterville, NS B0P 1V0

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

[trc@nsnet.org](mailto:trc@nsnet.org)

[www.nsnet.org](http://www.nsnet.org)

*Provides links to websites of Nova Scotian community organizations.*

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

[www.nscouncilfamily.org](http://www.nscouncilfamily.org) Select

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

**Nova Scotia Human Rights  
Commission**

Toll Free 1-877-269-7699

Fax: 755-7239

[hrcinquiries@gov.ns.ca](mailto:hrcinquiries@gov.ns.ca)

[www.gov.ns.ca/humanrights](http://www.gov.ns.ca/humanrights)

*Addresses complaints of discrimination and provides cultural diversity training.*

**Nova Scotia League for Equal  
Opportunities**

5251 Duke Street, Suite 1211

Halifax, NS B3J 1P3

455-6942

1 (866) 696-7536 (toll free)

Fax: 454-4781

[nsleo@eastlink.ca](mailto:nsleo@eastlink.ca)

[www.novascotialeo.org](http://www.novascotialeo.org)

*Advocacy organization working on behalf of people with disabilities.*

**Nova Scotia Youth Help Line**

5670 Spring Garden Road

Halifax, NS B3J 1H6

420-8336 (24-hour crisis line)

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

24-hour crisis line)

Fax: 423-3240

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

**Parenting Journey Program**

902-454-2036

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

**Passport Canada—Halifax Office**

1505 Barrington Street, Suite 1508

Halifax, NS B3J 3K5

1 (800) 567-6868 (toll free)

Fax: 426-4620

**Pictou-Antigonish Regional Library**

PO Box 276

New Glasgow, NS B2H 5E3

755-6031

1 (866) 779-7761 (toll free)

Fax: 755-6775

info@parl.ns.ca

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

**Pictou County Help Line**

175 Lavinia Street, Suite 119

New Glasgow, NS B2H 1N5

752-5952

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

**Pictou Landing Band Council**

Site 6, Box 55, RR 2

Trenton, NS B0K 1X0

752-4912

Fax: 755-4715

**St. John Ambulance—Main Branch**

101 Main Street

PO Box 26068

Dartmouth, NS B2W 6E2

463-5646

1 (800) 565-5056 (toll free)

Fax: 469-9609

info@ns.sja.ca

www.sja.ca/ns

*Provides first aid training.*

**Solo Creek Farm**

Bible Hill, Nova Scotia,

899-8595

jlmcnutt@dal.ca.

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

# WESTERN REGION

## Advocacy

### **Accessible Nova Scotia**

1 (866) 696-7536 (toll free)

info@accessiblens.ca

www.accessiblens.ca

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

### **Deafness Advocacy Association of Nova Scotia**

1666 Hollis Street, Suite 803

Halifax, NS B3J 1V7

425-0240

TTY/videophone: 425-0119

Fax: 429-9312

daans@ns.sympatico.ca

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

### **Early Intervention Programs Nova Scotia**

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

### **Equal Education Association of Nova Scotia**

860-1759

info@eeans.com

www.eeans.com

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

### **Nova Scotia Disabled Persons Commission**

Dartmouth Professional Centre

277 Pleasant Street, Suite 104

Dartmouth, NS B2Y 4B7

424-8280

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

www.gov.ns.ca/disability

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

### **SpecialLink: The National Centre for Child Care Inclusion**

76 Cottage Road

PO Box 775

Sydney, NS B1P 6G9

562-1662

1 (866) 902-6333 (toll free)

Fax: 539-9117

www.speciallinkcanada.org

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

## Child Development

### **Bridgewater Day Care Centre**

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

*Has subsidized spaces. Ages four months to 10 years.*

### **Bye the Sea Nursery School**

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

*Ages 3 months to 12 years.*

### **Child Care Connection Nova Scotia**

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

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

### **Digby Preschool Co-op**

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

### **Early Intervention Programs**

#### **Nova Scotia**

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

*There are 21 Early Intervention Programs throughout Nova Scotia.*

#### **Healthy Beginnings**

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

*Note that there is criteria for screening into this program.*

### **Huggy Bear's Childcare Centre**

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

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

**King Street Family Resource Centre**

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

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

**Learning Grove Childcare Centre**

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

*Provides high-quality early education and childcare programs.*

**The Little People's Place**

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

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

**Orchards Away Day Care Centre & Nursery School**

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

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

**Small World Learning Centre**

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

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

**The Little People's Place**

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

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

**Through the Years Daycare and Community Centre**

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

*Child care for ages 18 months to 12 years.*

**Wee Weymouth Kindergarten and Day Care**

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

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

**Windsor Nursery School**

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

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

**Wolfville Children's Centre**

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

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

**Education****Annapolis Valley Regional School Board**

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

**APSEA (Atlantic Provinces Special Education Authority)**

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

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

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

CP 88

Saulnierville, NE B0W 2Z0

9248 Route 1, La Butte

Meteghan River, NE B0W 2L0

769-5458

1 (888) 533-2727 (toll free)

Fax: 769-5459

www.csap.ednet.ns.ca

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

**Equal Education Association  
of Nova Scotia**

860-1759

info@eeans.com

www.eeans.com

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

**In-School Mentor Program**

Big Brothers Big Sisters Association

93 Dufferin Street

Bridgewater, NS B4V 2G4

543-4435 or 354-5517

Fax: 543-8571

southshorebbbs@ns.sympatico.ca

www.bigbrothersbigisters.ca/  
southshore

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

**Landmark East School**

708 Main Street

Wolfville, NS B4P 1G4

542-2237

1 (800) 565-5887 (toll free)

Fax: 542-4147

www.landmarkeast.org

*Boarding and day school for children with learning disabilities.*

**South Shore Regional School Board**

69 Wentzell Drive

Bridgewater, NS B4V 0A2

541-3000

1 (888) 252-2217 (toll free)

Fax: 541-3051

www.ssrsh.ca

**Tri-County Regional School Board**

79 Water Street

Yarmouth, NS B5A 1L4

749-5696

1 (800) 915-0113 (toll free)

Fax: 749-5697

tcrsb@tcrsb.ca

www.tcrsb.ca

## Financial Services

### **Canada Revenue Agency**

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

*Provides information on child and family tax benefits.*

### **Nova Scotia Department of Community Services—Income Assistance**

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

## Government Agencies and Departments

### **Access Nova Scotia—Bridgewater**

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

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

### **Access Nova Scotia—Digby**

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

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

### **Access Nova Scotia—Kentville**

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

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



**Access Nova Scotia—Yarmouth**

Service Nova Scotia and Municipal  
Relations

Provincial Building

10 Starrs Road, Suite 127

Yarmouth, NS B5A 2T1

1 (800) 670-4357 (toll free)

askus@gov.ns.ca

www.gov.ns.ca/snsmr

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

**Annapolis County**

752 St. George Street

PO Box 100

Annapolis Royal, NS B0S 1A0

532-2331

Fax: 532-2096

admin@annapoliscounty.ns.ca

www.annapoliscounty.ns.ca

**Indian and Northern Affairs,  
Adoption Team**

Indian Registration and Band List  
Department of Indian and Northern  
Development

Ottawa, Ontario K1A 0H4

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

infopubs@ainc-inac.gc.ca

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

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

111 Membertou Street

PO Box 179

Shubenacadie, NS B0N 2H0

758-3553

1 (800) 263-8686 (toll free)

Fax: 758-2390

**Municipality of Clare**

PO Box 458

Little Brook, NS B0W 1Z0

769-2031

Fax: 769-3773

council@municipality.clare.ns.ca

www.clarenovascotia.com

**Municipality of Digby**

12548 Highway #217

PO Box 429

Digby, NS B0V 1A0

245-4777

Fax: 245-5748

www.municipalities.com/digby

**Municipality of East Hants**

2361 Highway #2

Milford, NS

PO Box 190

Shubenacadie, NS B0N 2H0

&

15 Commerce Court

Elmsdale, NS B2S 3K5

1-888-758-2299

Fax: 1-888-684-5912

info@easthants.ca

www.easthants.ca

**Municipality of the County of Kings**

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

**Municipality of the District of Barrington**

2447 Highway #3  
 PO Box 100  
 Barrington, NS B0W 1E0  
 637-2015  
 Fax: 637-2075  
[munbar@eastlink.ca](mailto:munbar@eastlink.ca)  
[www.barringtonmunicipality.com](http://www.barringtonmunicipality.com)

**Municipality of the District of Lunenburg**

210 Aberdeen Road  
 Bridgewater, NS B4V 4G8  
 543-8181  
 Fax: 543-7123  
[www.modl.ca](http://www.modl.ca)

**Municipality of the District of Shelburne**

136 Hammond Street  
 PO Box 280  
 Shelburne, NS BOT 1W0  
 875-3544  
 Fax: 875-1278  
[infoofficer@municipalityofshelburne.ca](mailto:infoofficer@municipalityofshelburne.ca)  
[www.municipalityofshelburne.ca](http://www.municipalityofshelburne.ca)

**Municipality of the District of West Hants**

76 Morison Drive  
 PO Box 3000  
 Windsor, NS B0N 2T0  
 798-8391  
 Fax: 798-8553  
[west.hants@westhants.ca](mailto:west.hants@westhants.ca)  
[www.westhants.ca](http://www.westhants.ca)

**Municipality of the District of Yarmouth**

932 Highway 1  
 PO Box 21  
 Hebron, NS B0W 1X0.  
 742-7159  
 Fax: 742-3164  
[admin@district.yarmouth.ns.ca](mailto:admin@district.yarmouth.ns.ca)  
[www.district.yarmouth.ns.ca](http://www.district.yarmouth.ns.ca)

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

678-5119  
[mylesrp@gov.ns.ca](mailto:mylesrp@gov.ns.ca)

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

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

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

**Nova Scotia Office  
of the Ombudsman**

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

*Handles complaints against provincial and municipal government agencies and departments.*

**Region of Queens Municipality**

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

**Service Canada Call Centre**

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

*Primary access point to find information on federal government services.*

**Service Canada—  
Bridgewater Office**

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

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

**Service Canada—  
Digby Office**

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

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

**Service Canada—Kentville Office**

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

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

**Service Canada—Shelburne Office**

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

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

**Service Canada—Yarmouth Office**

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

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

**Service Nova Scotia and Municipal Relations—Public Enquiries**

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

[www.gov.ns.ca/snsmr/secure/contact/Default.asp?bhcp=1](http://www.gov.ns.ca/snsmr/secure/contact/Default.asp?bhcp=1)

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

**Town of Berwick**

236 Commercial Street  
 PO Box 130  
 Berwick, NS B0P 1E0  
 538-8068  
 Fax: 538-3724  
[general@town.berwick.ns.ca](mailto:general@town.berwick.ns.ca)  
[www.town.berwick.ns.ca](http://www.town.berwick.ns.ca)

**Town of Bridgetown**

271 Granville Street  
 PO Box 609  
 Bridgetown, NS B0S 1C0  
 665-4637  
 Fax: 665-5011  
[info@town.bridgetown.ns.ca](mailto:info@town.bridgetown.ns.ca)  
[www.town.bridgetown.ns.ca](http://www.town.bridgetown.ns.ca)

**Town of Bridgewater**

60 Pleasant Street  
 Bridgewater, NS B4V 3X9  
 543-4651  
 Fax: 543-6876  
[admin@bridgewater.ca](mailto:admin@bridgewater.ca)  
[www.bridgewater.ca](http://www.bridgewater.ca)

**Town of Digby**

147 First Avenue  
 PO Box 579  
 Digby, NS B0V 1A0  
 245-4769  
 Fax: 245-2121  
[www.townofdigby.ns.ca](http://www.townofdigby.ns.ca)

**Town of Kentville**

354 Main Street  
 Kentville, NS B4N 1K6  
 679-2500  
 Fax: 679-2375  
[info@town.kentville.ns.ca](mailto:info@town.kentville.ns.ca)  
[www.town.kentville.ns.ca](http://www.town.kentville.ns.ca)

**Town of Lunenburg**

119 Cumberland Street  
 PO Box 129  
 Lunenburg, NS B0J 2C0  
 634-4410  
 Fax: 634-4416  
[explorelunenburg@ns.sympatico.ca](mailto:explorelunenburg@ns.sympatico.ca)  
[www.explorelunenburg.ca](http://www.explorelunenburg.ca)

**Town of Shelburne**

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

**Town of Wolfville**

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

**Town of Yarmouth**

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

**Village of Greenwood**

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

**Village of Port Williams**

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

## International Services

**Children of Choice Consulting**

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

*Specializes in international adoptions.*

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

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

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

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

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

**Family Foundations Consulting**

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

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

**Multicultural Association of Nova Scotia**

1113 Marginal Road  
Halifax, NS B3H 4P7  
423-6534  
Fax: 422-0881  
admin@mans.ns.ca  
www.mans.ns.ca

*Information and advocacy for multicultural groups within Nova Scotia.*

**Nova Scotia Human Rights Commission**

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

*Addresses complaints of discrimination and provides cultural diversity training.*

## Legal Services

**Bridgewater Justice Centre**

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

*Family Court. Serving Lunenburg and Queens Counties.*

**Kentville Justice Centre**

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

*Family Court. Serving Hants and Kings Counties.*

**Legal Information Society of Nova Scotia**

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

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



**Nova Scotia Barristers' Society**

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

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

**Nova Scotia Legal Aid**

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

**Nova Scotia Legal Aid Commission— Head Office**

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

**Yarmouth Justice Centre**

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

## Mental Health

**Addiction Services—Fisherman's Memorial Hospital**

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

**Annapolis Community Health Centre Mental Health Program**

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

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

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

*Provides education and support to those with mental illness.*

**Canadian Mental Health Association—King's County Branch**

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

*Provides education and support to those with mental illness.*

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

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

*Provides education and support to those with mental illness.*

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

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

*Provides mental health services for all ages.*

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

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

**Mental Health Services—  
Hants Community Hospital**

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

*Treatment for individuals with mental illness.*

**Mental Health Services—Kentville**

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

**Valley Regional Hospital**

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

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

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

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

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

**Mental Health Centre—Middleton**

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

*Mental health services for individuals or families.*

### **Mental Health Services— South Shore Health**

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

*Mental health services for  
individuals and families.*

### **Shelburne Mental Health Services**

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

*Mental health services for  
individuals and families.*

### **Yarmouth Mental Health Centre**

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

## Physical Health

### **Annapolis Community Health Centre**

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

*Contains 24-hour emergency  
department.*

### **Bear River and Area Community Health Clinic**

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

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

### **Brain Tumour Foundation of Canada**

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

*Brain tumour support group.*

**Capital Health—QEII Health Sciences Centre**

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

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

*The largest health sciences centre in Atlantic Canada.*

**Digby General Hospital**

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

**Directory of Family Physicians Accepting New Patients**

[www.gov.ns.ca/health/physicians/physicians.asp](http://www.gov.ns.ca/health/physicians/physicians.asp)  
424-3047

**Directory of French Speaking Primary Health Care Providers**

[www.gov.ns.ca/health/frhcp/](http://www.gov.ns.ca/health/frhcp/)

**Doctors Nova Scotia**

25 Spectacle Lake Drive  
Dartmouth, NS B3B 1X7  
468-1866  
Fax: 468-6578  
[info@doctorsns.com](mailto:info@doctorsns.com)  
[www.doctorsns.com](http://www.doctorsns.com)

*Professional association of Nova Scotia's doctors.*

**Eastern Kings Memorial Community Health Centre**

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

**Hants Community Hospital**

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

*Contains 24-hour emergency department.*

**Health Canada**

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

*Deals with any matter within the jurisdiction of Health Canada.*

**Health Promotion Clearinghouse—Nova Scotia**

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

www.hpcclearinghouse.ca

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

**IWK Health Centre**

5850/5980 University Avenue

PO Box 9700

Halifax, NS B3K 6R8

470-8888 (switchboard)

Fax: 470-6790

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

www.iwk.nshealth.ca

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

**IWK Health Centre—  
Child Safety Link**

5850/5980 University Avenue

PO Box 9700

Halifax, NS B3K 6R8

470-6496

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

Fax: 470-6774

childsafetylink@iwk.nshealth.ca

www.childsafetylink.ca

Poison prevention information and other injury prevention information.

**IWK Regional Poison Centre**

5850 University Avenue

PO Box 9700

Halifax, NS B3K 6R8

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

470-8161 (Halifax-only emergency line)

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

Fax: 470-7213

*Toll-free, 24-hour poison information service.*

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

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

info@ns.lung.ca

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

**Lung Association of Nova Scotia  
Provincial Office**

6331 Lady Hammond Road

Halifax, NS B3K 2S2

443-8141

Fax: 445-2573

info@ns.lung.ca

www.ns.lung.ca

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

**Medical Services Insurance (MSI)**

Physical location: 230 Brownlow Ave  
Dartmouth, NS

Mailing address: PO Box 500

Halifax, NS B3J 2S1

496-7008

1 (800) 563-8880 (toll free)

Fax: 481-3160 (registration)

[msienquiry@medavie.bluecross.ca](mailto:msienquiry@medavie.bluecross.ca)

[www.gov.ns.ca/health/msi.htm](http://www.gov.ns.ca/health/msi.htm)

*Provides eligible residents with coverage for medically required health services.*

**Nova Scotia Department of Health and Wellness**

PO Box 488

Halifax, NS B3J 2R8

424-5818

1 (800) 387-6665 (toll free)

Fax: 424-0730

[dohweb@gov.ns.ca](mailto:dohweb@gov.ns.ca)

[www.gov.ns.ca/dhw](http://www.gov.ns.ca/dhw)

**Nova Scotia Rehabilitation Centre**

1341 Summer Street

Halifax, NS B3H 1K1

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

[www.cdha.nshealth.ca](http://www.cdha.nshealth.ca): Click

"Hospitals/Health Centres" on left,

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

"Victoria General site buildings" on right side of centre of page.

*Cross-disability rehabilitation facility.*

**Public Health Services—Clare**

Clare Medical Centre

PO Box 150

Meteghan, NS B0W 1Z0

645-2325

Fax: 645-3250

**Public Health Services—Digby**

67 Warwick Street

PO Box 1718

Digby, NS B0V 1A0

245-2557

Fax: 245-5517

**Queens General Hospital**

175 School Street

PO Box 370

Liverpool, NS B0T 1K0

354-3436

Fax: 354-2018

[www.southshorehealth.ca](http://www.southshorehealth.ca)

*Contains 24-hour emergency department.*

**Ronald McDonald House Atlantic Canada**

1133 Tower Road

Halifax, NS B3H 2Y7

429-4044

Fax: 429-8650

[info@rmhatlantic.ca](mailto:info@rmhatlantic.ca)

[www.rmhatlantic.ca](http://www.rmhatlantic.ca)

**Roseway Hospital**

1606 Lake Road

PO Box 610

Shelburne, NS B0T 1W0

875-3011

Fax: 875-1580

[www.swndha.nshealth.ca/roseway.htm](http://www.swndha.nshealth.ca/roseway.htm)

*Contains 24-hour emergency department.*

**Soldiers Memorial Hospital**

462 Main Street  
PO Box 730  
Middleton, NS B0S 1P0  
825-4811  
[www.avdha.nshealth.ca/smh](http://www.avdha.nshealth.ca/smh)

**South Shore Regional Hospital**

90 Glen Allan Drive  
Bridgewater, NS B4V 3S6  
543-4603  
[www.southshorehealth.ca](http://www.southshorehealth.ca)

*Contains 24-hour emergency department.*

**South West Nova District Health Authority**

60 Vancouver Street  
Yarmouth, NS B5A 2P5  
742-3541  
Fax: 742-0369  
[info@swndha.nshealth.ca](mailto:info@swndha.nshealth.ca)  
[www.swndha.nshealth.ca](http://www.swndha.nshealth.ca)

**Valley Regional Community Asthma Care Centre**

150 Exhibition Street  
Kentville, NS B4N 5E3  
679-1831  
[www.avdha.nshealth.ca](http://www.avdha.nshealth.ca)  
*Patient education programs for children and adults with asthma.*

**Valley Regional Hospital**

150 Exhibition Street  
Kentville, NS B4N 5E3  
678-7381  
Fax: 679-1904  
[www.avdha.nshealth.ca](http://www.avdha.nshealth.ca)

**Western Kings Memorial Health Centre**

121 Orchard Street  
PO Box 490  
Berwick, NS B0P 1E0  
538-3111  
Fax: 538-9590  
[www.avdha.nshealth.ca](http://www.avdha.nshealth.ca)

**Yarmouth Regional Hospital**

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

**Yarmouth Regional Hospital Asthma Education Clinic**

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

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

## Psychological Services

### Association of Psychologists of Nova Scotia

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

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

### Bower-Jacquard Psychological Services

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

*Therapy for individuals, couples, families, and children.*

### Boyd and Pick Psychological Services

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

### Dr. James Chandler

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

*Specializes in pediatric psychiatry.*

### Barbara L. DeLong

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

*Provides counselling services to individuals and couples.*

### Joan Reeves

Bridgewater, NS  
527-6804

*Therapist who provides individual, couple and family counselling.*

### Wanda L. Schofield

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

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



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

### **Shireen Singer**

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

*Counsellor with experience in adoption and attachment issues.*

## **Recreation Services**

### **Big Brothers Big Sisters of Annapolis Valley**

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

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

### **Big Brothers Big Sisters of South Shore**

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

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

### **Big Brothers Big Sisters of Yarmouth**

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

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

**Boys and Girls Club of Yarmouth**

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

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

**Boys and Girls Clubs of Canada—National Office**

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

**Bridgewater Parks, Recreation and Culture**

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

**Girl Guides of Canada—Nova Scotia Council**

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

**Kidsport Nova Scotia**

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

**Municipality of East Hants Recreation and Culture Services**

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

**Municipality of the District of West Hants Recreation Department**

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

**Parks Canada—Atlantic Service Centre**

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

**Parks Canada—National Office**

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

*Oversees all national parks in Canada.*

**Recreation Nova Scotia**

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

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

**Scouts Canada**

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

*Educational and recreation programs for youth.*

**Sport Nova Scotia**

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

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

**YMCA of Lunenburg County**

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

*Offers a range of recreation services for all ages, as well as child-care services.*

**YMCA of Yarmouth**

275 Main Street  
PO Box 86  
Yarmouth, NS B5A 4B1  
742-7181  
Fax: 742-7676  
YarmouthYservices@ymca.ca  
www.ymcayarmouth.ns.ca

*Offers a range of recreation services for all ages.*

## Special Needs

### **Abilities Foundation of Nova Scotia**

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

Fax: 454-6121

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

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

### **Accessible Nova Scotia**

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

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

### **Alexander Society for Special Needs**

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

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

*Creative art program for children and teens with special needs.*

### **Bell Aliant IP Relay**

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

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

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

### **Attention Deficit Association of Nova Scotia**

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

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

### **Brain Injury Association of Nova Scotia**

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

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

*Provides support for brain-injured people and their families.*

**Canadian Cystic Fibrosis Foundation—South West Nova Chapter**

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

*Provides information and support to people affected by cystic fibrosis.*

**Canadian Diabetes Association**

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

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

**Camp Morton**

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

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

**Camp Lion Maxwell**

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

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

**Canadian National Institute for the Blind**

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

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

**Canadian Paraplegic Association (Nova Scotia)**

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

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

**Deaf Literacy Nova Scotia**

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

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

### **Disability Tax Credit/Child Disability Benefit**

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

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

### **Epilepsy Association of Nova Scotia**

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

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

### **Equal Education Association of Nova Scotia**

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

*Non-profit association that advocates educational rights on*

*behalf of all children with learning disabilities in Nova Scotia.*

### **Evergreen Home for Special Care**

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

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

### **Kings Regional Rehabilitation Centre**

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

### **Learning Disabilities Association of Nova Scotia**

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

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

**Lisa Harris—speech-language pathologist**

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

*Assessment and treatment of speech and language difficulties.*

**Mariposa Reading Achievement Centre—Bridgewater**

109 Logan Road, Unit 1B  
 Bridgewater, NS B4V 3T3  
 543-6243  
[www.mariposa-reading.com](http://www.mariposa-reading.com)

*Reading therapy programs.*

**Mariposa Reading Achievement Centre—Windsor**

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

**Newborn Hearing Screening Program—IWK**

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

*Provides early detection and treatment of hearing disorders.*

**Nova Scotia Direct Family Support**

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

**Nova Scotia Direct Family Support—Western Regional Office**

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

**Nova Scotia Disabled Persons Commission**

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

### **Nova Scotia Hearing and Speech –Provincial Centre**

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

*Located in 24 communities throughout Nova Scotia.*

### **Pathways Community Association**

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

*Support group for parents of children with learning disabilities.*

### **Presidents Choice Children's Charity—Atlantic Region**

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

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

### **Provincial Autism Centre**

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

*Provides information on autism spectrum disorders. For a yearly*

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

### **reachAbility**

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

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

Fax: 429-5858

info@reachability.org

www.reachability.org

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

### **Society of Deaf and Hard of Hearing Nova Scotians**

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

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

sdhns@ns.sympatico.ca

www.sdhns.org

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

### **Southwest Nova Chapter – Autism Nova Scotia**

RR4, Box 10030

Yarmouth, NS B5A 4A8

1 (877)544-4495 (toll free)

info@autismns.ca

www.autismnovascotia.ca



**Special Olympics Nova Scotia**

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

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

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

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

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

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

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

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

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

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

**Waterville Mental Health Team**

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

**Yarmouth Association for Community Residential Options**

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

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

## Other Informational Resources

### **2-1-1 System**

<http://ns.211.ca>

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

### **Adopt—Assistance, Information, Support**

[www.adopting.org](http://www.adopting.org)

*American website with useful articles and information.*

### **Adoption Council of Canada**

1 (888) 542-3678 (toll free)

[www.adoption.ca](http://www.adoption.ca)

*Website with useful articles and information.*

### **Adoptive Families Association of BC**

[www.bcadoption.com/default.asp](http://www.bcadoption.com/default.asp)

*Website with useful articles and information*

### **Alternative Programs for Youth and Families Inc**

172 Dufferin Street

Bridgewater, NS B4V 2G7

543-1727

Fax: 543-2614

### **Annapolis Valley Regional Library**

26 Bay Road

PO Box 640

Bridgetown, NS B0S 1C0

665-2995

1 (866) 922-0229 (toll free)

Fax: 665-4899

[www.valleylibrary.ca](http://www.valleylibrary.ca)

### **Association of Black Social Workers**

6414 Coburg Road

Halifax, NS B3H 3J5

Veronica Marsman, president

[vmarsman@me.com](mailto:vmarsman@me.com)

[www.nsasw.org](http://www.nsasw.org): Follow the ABSW link.

### **Black Cultural Centre for Nova Scotia**

1149 Main St

Dartmouth, NS B2Z 1A8

434-6223; Fax: 434-2306; [contact@bccns.com](mailto:contact@bccns.com)

[www.bccns.com](http://www.bccns.com)

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

### **South Shore Family Resource Association**

156 York Street

Bridgewater, NS B4V 1R3

543-1301

Fax: 543-1828

[debbie@southshorefamilyresource.org](mailto:debbie@southshorefamilyresource.org)

[www.southshorefamilyresource.org](http://www.southshorefamilyresource.org)

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

**Caregivers Nova Scotia**

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

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

**Chester and Area Family Resource Centre**

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

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

**Colchester–East Hants Public Library—Elmsdale Branch**

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

**Colchester–East Hants Public Library—Mount Uniacke Branch**

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

**Community Access Program—c@p**

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

*Sites with free access to computers and the Internet.*

**Confederacy of Mainland Mi'kmaq**

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

**Family Matters: The Annapolis County Family Resource Centre**

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

*Services and programs for parents and children.*

**Family Resource Centre  
of West Hants**

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

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

**Federation of Foster Families  
of Nova Scotia**

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

*Provides support for foster families.*

**Greenwood Military Family  
Resource Centre**

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

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

**Hantsport Public Library**

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

**Kids Help Phone**

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

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

**Kings County Family  
Resource Centre**

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

*Various programs and services for families.*

**North American Council  
on Adoptable Children**

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

**Nova Scotia Association  
of Social Workers**

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

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

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

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

*Provides links to websites of Nova Scotian community organizations.*

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

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

**Nova Scotia Human Rights  
Commission**

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

*Addresses complaints of discrimination and provides cultural diversity training.*

**Nova Scotia League for Equal  
Opportunities**

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

*Advocacy organization working on behalf of people with disabilities.*

**Nova Scotia Youth Help Line**

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

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

**Parenting Journey Program**

902-454-2036

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

**Parents' Place Yarmouth Family Resource Centre**

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

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

**Passport Canada—Halifax Office**

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

**St. John Ambulance—Main Branch**

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

**South Shore Regional Library**

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

**Western Counties Regional Library**

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

**Windsor Regional Library**

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