

# 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 4 6  
 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. F 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  
Imberly 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 B0 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.*

**Lozier 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.*

**Paquet 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 t o**

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 3 3  
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 1 0  
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 3 3  
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 2 0  
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

*Provides information on child and family tax benefits.*

### Nova Scotia Department of Community Services Income Assistance

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

*Provides income assistance to those in need.*

## Government Agencies and Departments

### Access Nova Scotia 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  
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  
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  
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 3 3  
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 1A 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.*

**Indian 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

**Indian 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 B0 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 unipool Road, Suite 701  
 Halifax, NS B3 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 4 9  
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 3 S5  
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 B0 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 B0 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 B0 1T0  
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 B0 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**

Ann 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 B3 1 7  
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 3 1  
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 B0 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 5 7  
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.*

**Yusborough 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 1 0  
597-3773

Fax: 597-3440

[www.cha.nshealth.ca](http://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](mailto:braintumour@braintumour.ca)  
[www.braintumour.ca](http://www.braintumour.ca)

*Brain tumour support group.*

**Capital Health EII Health Sciences Centre**

Halifax Infirmary 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.*

**Canadian Red Cross**

[www.redcross.ca](http://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](http://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](http://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: 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: 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  
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 1 7  
468-1866  
Fax: 468-6578  
info@doctorsns.com  
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,  
rrichardson@gasha.nshealth.ca  
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  
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  
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.*

**IW Health Centre**

5850/5980 University Avenue  
 PO Box 9700  
 Halifax, NS B3 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.*

**IW Health Centre****Child Safety Link**

5850/5980 University Avenue  
 PO Box 9700  
 Halifax, NS B3 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.*

**IW Regional Poison Centre**

5850 University Avenue  
 PO Box 9700  
 Halifax, NS B3 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 B0 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 B3 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 SI**

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 B0 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 1 1

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 B0 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. 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.*

**Dr. 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.*

**Dr. 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.*

**erstin Schauss**

Reclaim Therapy and Counseling  
Physical location: 37 Water Street  
Pictou, NS  
Mailing Address: 1023 Meadowville  
Road, Scotsburn, NS B0 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 olaine 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 inck**

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**

**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 3 3  
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.*

**idsport 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>

**unicipality of Pictou County  
Recreation Department**

28 Willow Street  
PO Box 910  
Pictou, NS B0 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.*

**Ne lasgo 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, C 1A 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 B0 1S0  
752-1883  
Fax: 752-4256  
Cathy Mason, regional coordinator,  
cathy.mason@ns.sympatico.ca  
[www.sons.ca](http://www.sons.ca) Select 'Special Olympics 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 B0 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 B0 1S0  
752-1045  
*Drop-in youth centre for ages 10 to 16. Open Wednesday to Friday from 2 pm to 9 pm.*

**StF 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 B0 1 0

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 1 5

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 1 5

895-1110

Fax: 893-5610

www.truro.ca/truro-centennial-pool.html

### **Y CA 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.*

### **Y CA 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 empty Road

Halifax, NS B3 4 8

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**

ELL 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 coordi-  
nator, 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

*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 B3 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.*

### **Career Connections**

138 Campbell Street

New Glasgow, NS B2H 2V6

752-6826

Fax: 755-2963

information@careerconnections.ca

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 3 3

1 (800) 770-0008 (toll free)

Fax: 897-8989

Joan Westoll, coordinator, westollj@

ccrsb.ednet.ns.ca

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

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 2 7  
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 2 7  
 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 1 31  
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

**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 B2 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 cap**

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 5 7

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 5 7

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 3 5

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 B0 1 0

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.*