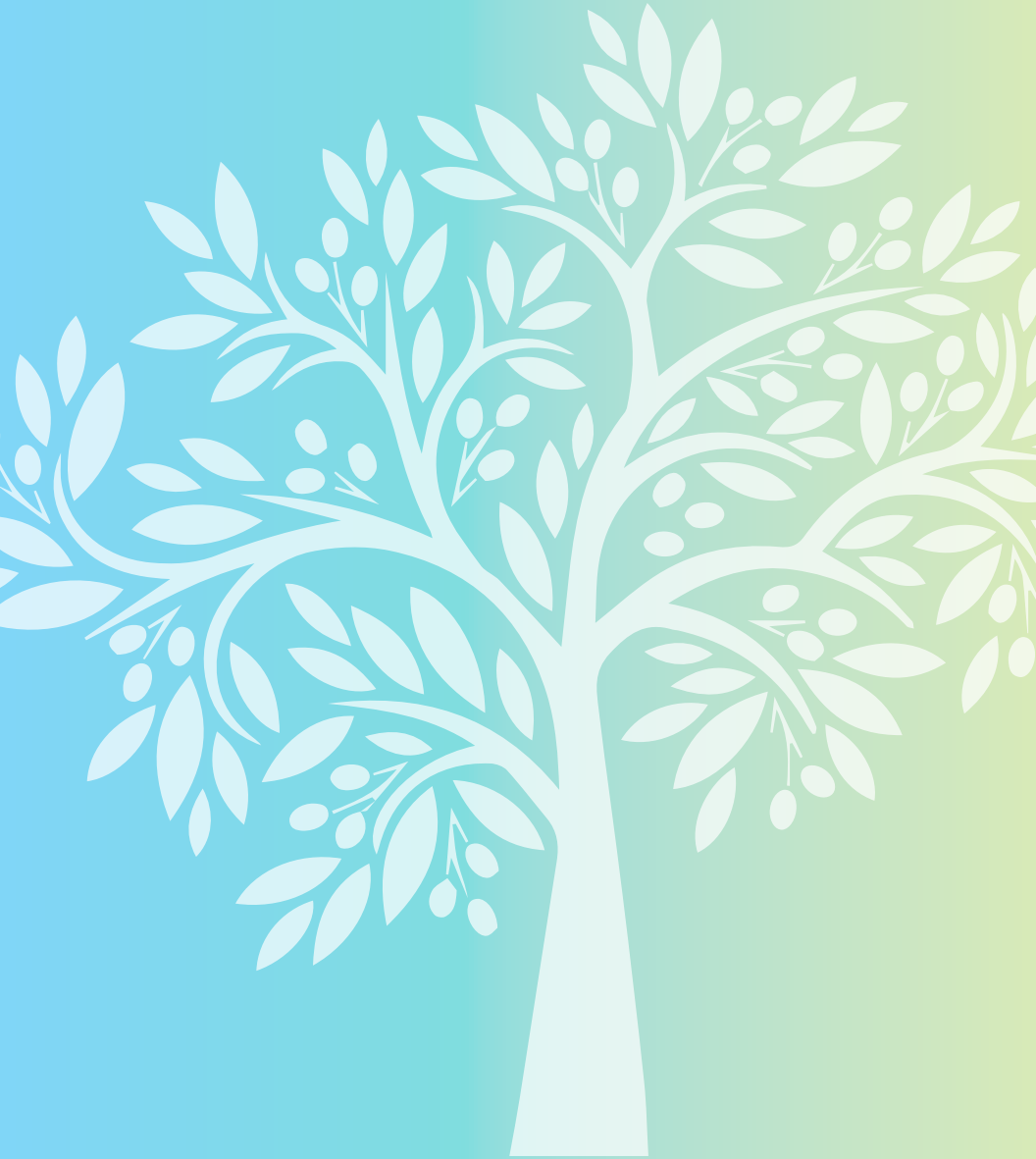


# Resources





# Safety Alert

Cut or tear  
along this  
line. Fold up  
and keep  
in a safe  
place.

If you have experienced domestic abuse, know that you are not alone, and that there are a variety of supports available to you.

**If you are in immediate danger, call 911.**

If you are seeking help or are looking for information about abuse, you can call the Transition House Association of Nova Scotia **24-hour toll-free line:**  
**1-855-225-0220**

**Women's, Men's, and All Genders Helplines: 211**

## Help Lines

**Crime Stoppers** ..... 1-800-222-8477

**Kids Help Phone**..... 1-800-668-6868

### Mental Health Crisis Line

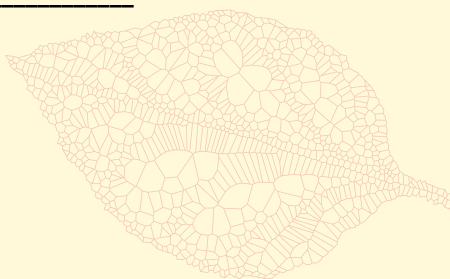
Serves all of Nova Scotia (24/7) ..... 1-888-429-8167

### Avalon Sexual Assault Centre

Crisis Line..... 902-422-4240

**Your local number:**

---



## Quick connect

**Community and social services** ..... 211  
[ns.211.ca](http://ns.211.ca)

**HealthLink** ..... 811  
Hearing impaired ..... 711  
[811.novascotia.ca](http://811.novascotia.ca)

**Women's, Men's, and All Genders Helplines:** ..... 211

## Mi'kmaw Family Healing Centres

**Millbrook** ..... 902-756-3440  
Toll-free: ..... 1-800-565-4741

**We'koqma'q** ..... 902-756-3440  
Toll-free: ..... 1-800-565-3440

## Transition Houses and Shelters Crisis Lines

**Amherst**, Autumn House ..... 902-667-1200

**Antigonish**, Naomi Society ..... 902-863-3807

**Bridgewater**, Harbour House ..... 902-543-3999

**Digby**, Juniper House ..... 902-742-8689  
Toll-free: ..... 1-800-266-4087

**Halifax**, Byrony House ..... 902-422-7650

**Kentville**, Chrysalis House ..... 902-679-1922  
Toll-free: ..... 1-800-264-8682

**New Glasgow**, Tearmann House ..... 902-752-0132  
Toll-free: ..... 1-800-831-0330

**Port Hawkesbury**, Leeseide Transition House ..... 902-625-2444  
Toll-free: ..... 1-800-565-3390

**Shelburne**, Juniper House ..... 902-742-8689  
Toll-free: ..... 1-800-266-4087

**Sydney**, Cape Breton Transition House ..... 902-539-2945  
Toll-free: ..... 1-800-563-2945

**Truro**, Third Place ..... 902-893-3232  
Toll-free: ..... 1-800-565-4878

**Yarmouth**, Juniper House ..... 902-742-8689  
Toll-free: ..... 1-800-266-4087

Cut or tear  
along this  
line. Fold up  
and keep in a  
safe place.

# Resources

*The programs and services listed in this directory are important to all Nova Scotians, but especially to women and children who experience violence. We encourage you to use them.*

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## 2SLGBTQQIA+ People

**Egale Canada**..... Toll-free: 1-888-204-7777  
[egale.ca](http://egale.ca)

**Halifax Pride**  
[halifaxpride.com/nsresources](http://halifaxpride.com/nsresources)

**Nova Scotia Rainbow Action Project**  
[nsrap.ca](http://nsrap.ca)

**PFLAG Canada Ltd**..... Toll-free: 1-888-530-6777  
[pflagcanada.ca](http://pflagcanada.ca)

**Pride Cape Breton**  
[pridecb.com](http://pridecb.com)

**Youth Project** ..... 902-429-5429  
[youthproject.ns.ca](http://youthproject.ns.ca)

## African Nova Scotian Women

**African United Baptist Women's Institute** ..... 902-434-8837

**Association of Black Social Workers** ..... 902-407-8809  
[nsabsw.ca](http://nsabsw.ca)

**Coverdale Courtwork Services**  
Supporting women through the justice system.  
Halifax: ..... 902-422-6417  
[coverdale.ca](http://coverdale.ca)

**Cumberland African Nova Scotian Association**  
Cumberland County ..... 902-661-1509  
[cansa.ca](http://cansa.ca)

## **Elizabeth Fry Society**

For women in conflict with the law.

Halifax:..... 902-454-5041

Toll-free:..... 1-877-619-1354

[efrymns.ca](http://efrymns.ca)

Cape Breton.....902-539-6165

[efrycb.com/home.html](http://efrycb.com/home.html)

**East Preston Family Resource Centre**.....902-462-7266

[eastprestodaycare.ca/](http://eastprestodaycare.ca/)

**YWCA, Halifax**.....902-423-6162

[ywcahalifax.com](http://ywcahalifax.com)

## **Children's Services**

### **Nova Scotia Child Benefit**

Toll-free:..... 1-800-387-1193

[novascotia.ca/coms/families/ChildBenefit.html](http://novascotia.ca/coms/families/ChildBenefit.html)

## **Child Care Information and Subsidies**

### **Child Care Directory**

[nsbr-online-services.gov.ns.ca/DCSONline/ECDS/loadSearchPage.action](http://nsbr-online-services.gov.ns.ca/DCSONline/ECDS/loadSearchPage.action)

**Child Care Subsidy Program**..... 1-844-804-2084

[ednet.ns.ca/earlyyears/families/childcaresubsidy.shtml](http://ednet.ns.ca/earlyyears/families/childcaresubsidy.shtml)



## Child Protection

### Family and Children’s Services, Department of Community Services

Call Community Services if you believe a child is in immediate danger.

Weekdays, 8:30 am - 4:30 pm

Toll-free: ..... 1-877-424-1177

[novascotia.ca/coms](http://novascotia.ca/coms)

#### Regional Offices

Call 211 to find the regional office nearest you.

[novascotia.ca/coms/department/contact/index.html](http://novascotia.ca/coms/department/contact/index.html)

#### Mi’kmaw Children and Family Services

[fncaringociety.com/agencies/mikmaw-family-childrens-services-nova-scotia](http://fncaringociety.com/agencies/mikmaw-family-childrens-services-nova-scotia)

Eskasoni: ..... 902-379-2433

Toll-free: ..... 1-800-263-8300

Sipekne’katik: ..... 902-758-3553

Toll-free: ..... 1-800-263-8686

Bear River: ..... 902-376-3553

Toll-free: ..... 1-800-263-8686

## Counselling Services for Children

### IWK Community Mental Health

Intake: ..... 902-464-4110

Toll-free: ..... 1-888-470-5888

[iwk.nshealth.ca/mental-health](http://iwk.nshealth.ca/mental-health)

## Kids Help Phone

Toll-free:.....1-800-668-6868

[kidshelpphone.ca](http://kidshelpphone.ca)

Text "Connect" to 686868

## Counselling Services for Adults

### Family Service Association, central intake

Halifax and Lower Sackville:.....902-420-1980

Toll-free:.....1-888-886-5552

### Family Service of Eastern Nova Scotia

Toll-free: .....1-866-330-5952

[ensfamilyservice.ca](http://ensfamilyservice.ca)

### Criminal Injuries Counselling Program

Phone services:.....902-424-4651

Toll-free:.....1-888-470-0773

General inquiries: .....902-424-3309

[novascotia.ca/just/victim\\_Services](http://novascotia.ca/just/victim_Services)

## Employment

### Employment Outreach Agencies

#### Job Junction Employment and Career Resource Centre

(Halifax).....902-455-WORK (9675)

[jobjunction.ca/services](http://jobjunction.ca/services)

**Team Work Cooperative** .....902-422-8900

[teamworkbridge.org](http://teamworkbridge.org)

## Service Canada Centres (ESDC)

Employment Insurance (EI) ..... Toll-free: 1-800-206-7218

CPP/Old Age Security ..... Toll-free: 1-800-277-9914

All other inquiries ..... Toll-free: 1-800-622-6232

[canada.ca/en/employment-social-development/corporate/portfolio/service-canada.html](http://canada.ca/en/employment-social-development/corporate/portfolio/service-canada.html)

**Labour Standards** ..... 1-888-315-0110

[novascotia.ca/lae/employmentrights/](http://novascotia.ca/lae/employmentrights/)

## Employment Support and Income Assistance

Department of Community Services

Call 211 to find your regional office.

[novascotia.ca/coms/department/contact/index.html](http://novascotia.ca/coms/department/contact/index.html)

## Family Courts

### Family Courts

[courts.ns.ca/Courthouse\\_Locations/Courthouse\\_Locations\\_Map.htm](http://courts.ns.ca/Courthouse_Locations/Courthouse_Locations_Map.htm)

### Family Division

Yarmouth..... 902-742-0500

### Justice Centre and Family Court Office

Amherst..... 902-667-2256

Antigonish..... 902-863-3676

Bridgewater ..... 902-543-4679

Kentville ..... 902-679-6070

Port Hawkesbury ..... 902-625-2665

Yarmouth..... 902-742-0500

## Justice Centre

Annapolis Royal .....	902-532-5462
Digby .....	902-245-4567
Pictou .....	902-485-7350
Port Hawkesbury .....	902-625-2665
Truro .....	902-893-5840

## Supreme Court (Family Division)

Halifax .....	902-424-3990
Sydney .....	902-563-2200

# Family Law Resources

## NS Family Law

[nsfamilylaw.ca](http://nsfamilylaw.ca)

Legal information, court forms, and guides to applying to court.

**Summary Advice Counsel** ..... 1-866-999-7544

[nsfamilylaw.ca/summary-advice-counsel](http://nsfamilylaw.ca/summary-advice-counsel)

Free basic advice about family law. Available across the province.

## Family Law Information Program (FLIP)

Halifax .....

Halifax .....	902-424-5232
Sydney .....	902-563-5761

Sydney .....

[nsfamilylaw.ca/family-law-information-program-flip-centre](http://nsfamilylaw.ca/family-law-information-program-flip-centre)

**Legal Information Society of Nova Scotia** ..... 902-455-3135

Toll-free: .....

Toll-free: .....	1-800-665-9779
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[legalinfo.org](http://legalinfo.org)

# Family Resources

## Antigonish and Pictou Counties

### Kids First Family Resource Centre

Antigonish.....	902-863-3848
Guysborough.....	902-533-3881
Pictou County.....	902-755-5437

[kids1st.ca](http://kids1st.ca)

## Cape Breton

### Special Needs and Moving On

Baddeck.....	902-295-1357
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[specialneedsproject.ca](http://specialneedsproject.ca)

### Family Place Resource Centre

Inverness.....	902-258-3002
Sydney.....	902-562-5616
Port Hawkesbury / Richmond County.....	902-625-1496
Victoria County, North of Smokey.....	902-336-2208
Victoria County, South of Smokey.....	902-295-2956

[familyplace.ca](http://familyplace.ca)

### Military Family Resource Centre

Sydney.....	902-563-7100 ext. 7107
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[halifaxmfr.ca](http://halifaxmfr.ca)

## Colchester and Cumberland County

### Maggie's Place

Amherst.....	902-667-7250
Truro.....	902-895-0200

[maggiesplace.ca](http://maggiesplace.ca)

## Digby, Yarmouth, and Shelburne Counties

### South Shore Family Resource Centres

Bridgewater .....	902-543-3119
Digby .....	902-245-2300
Liverpool .....	902-354-7176
Shelburne .....	902 875 3256

[southshorefamilyresource.org/](http://southshorefamilyresource.org/)

### Le Centre provincial de ressources préscolaires

Saulnierville.....	902-769-5850
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[cprps.ca](http://cprps.ca)

### Parent's Place

Yarmouth.....	902-749-1718
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[yarmouthparentsplace.com/](http://yarmouthparentsplace.com/)

## Guysborough County

### Kids First Family Resource Centre

Guysborough.....	902-533-3888
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[kids1st.ca](http://kids1st.ca)

## Halifax Regional Municipality

### Bayers Westwood Family Support Resource Centre

Halifax.....	902-454-9444
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[facebook.com/bwfrfc/](https://facebook.com/bwfrfc/)

Chebucto Family Centre.....	902-479-3031, ext. 302
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[chebuctofamilycentre.ca/](http://chebuctofamilycentre.ca/)

## **Eastern Shore Family Resource Association**

Porters Lake .....902-827-1461

Toll-free: ..... 1-866-847-1461

[esfamily.org](http://esfamily.org)

**Fairview Resource Centre** ..... 902-443-9569

[fcns.com](http://fcns.com)

## **Family SOS**

Head office: .....902-455-5515

Spryfield Program Space: .....902-446-3020

[familysos.ca](http://familysos.ca)

**Memory Lane Family Place** .....902-864-6363

[facebook.com/memorylanefamilyplace/](https://facebook.com/memorylanefamilyplace/)

**Mi'kmaq Child Development Centre** ..... 902-422-7850

[mymnfc.com/2020/01/mikmaq-child-development-centre/](http://mymnfc.com/2020/01/mikmaq-child-development-centre/)

## **Military Family Resource Centre**

Toll-free: ..... 1-888-753-8827

CFB Halifax: ..... 902-427-7788

CFB Shearwater: ..... 902-720-1885

[halifaxmfrca.ca](http://halifaxmfrca.ca)

## **Mulgrave Park Tenants Association**

..... 902-789-3531

## **PACT: Parent and Child Together**

Dartmouth ..... 902-434-8952

[parentsandchildrentogether.info](http://parentsandchildrentogether.info)

**Musquodoboit Valley Family Resource Centre**  
..... 902-384-2794  
[musquodoboitvalleyfamilyresourcecentre.vpweb.ca](http://musquodoboitvalleyfamilyresourcecentre.vpweb.ca)

**North End Parent Resource Centre** ..... 902-492-0133  
[facebook.com/NorthEndParentResourceCentre](https://facebook.com/NorthEndParentResourceCentre)

**The North Grove** ..... 902-464-8234  
[thenorthgrove.ca](http://thenorthgrove.ca)

**Preston and Area Family Resource Centre**  
..... 902-462-7266  
[eastprestondaycare.ca/](http://eastprestondaycare.ca/)

## **Kings and Annapolis Counties**

### **Kids Action Program**

Canning ..... 902-680-6172  
[facebook.com/kidsactionprogram](https://facebook.com/kidsactionprogram)

**Greenwood Military Family Resource Centre**  
..... 902-765-5611  
[cafconnection.ca/Greenwood/Contact-Us/Greenwood-Military-Family-Resource-Centre.aspx](http://cafconnection.ca/Greenwood/Contact-Us/Greenwood-Military-Family-Resource-Centre.aspx)

**Kings County Family Support Centre**  
Kentville ..... 902-678-5760  
[kcfrc.ca](http://kcfrc.ca)



**Family Matters - Annapolis County Family Resource Centre Lawrencetown, Resource Centre**  
..... 902-584-2210  
Toll-free:..... 1-800-399-7119  
[family-matters.ca](http://family-matters.ca)

**Family Resource Centre of West Hants**  
Windsor ..... 902-798-5961  
[frcofwh.webs.com](http://frcofwh.webs.com)

**Lunenburg and Queens Counties Better Together Family Resource Centre**  
Bridgewater ..... 902-543-3119  
[southshorefamilyresource.org/include/lunenburg.htm](http://southshorefamilyresource.org/include/lunenburg.htm)

**Queens Family Resource Centre**  
Liverpool..... 902-354-7176  
[southshorefamilyresource.org/include/queens.htm](http://southshorefamilyresource.org/include/queens.htm)

**Chester and Area Family Resource Centre**  
..... 902-275-4347  
[chesterfamilycentre.ca](http://chesterfamilycentre.ca)

**New Ross Family Resource Centre**  
..... 902-689-2414  
[nrfrc.ca](http://nrfrc.ca)

## Francophone Women

### Fédération des femmes acadiennes de la Nouvelle-Écosse

Dartmouth..... 902-433-2088

[ffane.ca](http://ffane.ca)

### The Conseil de développement économique de la Nouvelle-Écosse (CDÉNE)

[cdene.ns.ca/en/services/employment-assistance](http://cdene.ns.ca/en/services/employment-assistance)

### Centre Accès Justice

..... 1-844-250-8471

[ajefne.ns.ca/acces-justice/](http://ajefne.ns.ca/acces-justice/)

## Government Programs and Services

### Federal Government

Information line..... 1-800-622-6232

TTY/TDD ..... 1-800-926-9105

### Provincial Government

Information about government programs and services

### Service Nova Scotia and Internal Services

..... 1-800-670-4357

[beta.novascotia.ca/government/service-nova-scotia-and-internal-services](http://beta.novascotia.ca/government/service-nova-scotia-and-internal-services)

### Nova Scotia Human Rights Commission

..... 902-424-4111

Toll-free: ..... 1-877-269-7699

[humanrights.novascotia.ca](http://humanrights.novascotia.ca)

## Department of Labour, Skills & Immigration

.....902-424-5230

Toll-free: ..... 1-877-292-9597

[beta.novascotia.ca/government/labour-skills-and-immigration](http://beta.novascotia.ca/government/labour-skills-and-immigration)

## Nova Scotia Ombudsman's Office

.....902-424-6780

Toll-free: ..... 1-800-670-1111

[novascotia.ca/ombu](http://novascotia.ca/ombu)

## Health

### Addiction/Drug Dependency Services

#### Choices Adolescent Program:

Halifax.....902-464-4110

Toll-free:..... 1-855-922-1122

[iwk.nshealth.ca/mental-health/youth/choices-addictions](http://iwk.nshealth.ca/mental-health/youth/choices-addictions)

#### Marguerite Centre

General information line, Halifax ..... 902-876-0006

[themargueritecentre.com](http://themargueritecentre.com)

#### Provincial Addiction Services Offices

[mha.nshealth.ca/en/services](http://mha.nshealth.ca/en/services)

Call 211 to connect with mental health and  
addiction services near you.

Mental Health Crisis Line: Toll-free:..... 1-888-429-8167

### General Health Services

#### Health Link

Toll-free: ..... 811

[811.novascotia.ca](http://811.novascotia.ca)

## **IWK Health Centre**

Halifax.....902-470-8888

Toll-free:..... 1-888-470-5888

[iwk.nshealth.ca/](http://iwk.nshealth.ca/)

## **North End Community Health Centre**

Halifax.....902-420-0303

[nehc.com](http://nehc.com)

## **Public Health Services**

Call 211 to connect find public health services nearest you.

[nshealth.ca/public-health-offices](http://nshealth.ca/public-health-offices)

# **Housing**

## **Housing Services Offices**

Contact Housing Services about home improvement loans, grants, and other financial assistance programs related to improving or developing housing.

[novascotia.ca/coms/departement/contact/HousingServicesOffices.html](http://novascotia.ca/coms/departement/contact/HousingServicesOffices.html)

For issues related to public housing, please contact 211 for the Housing Authority office nearest you.

## **Regional Housing Authorities**

Regional Housing Authorities can provide information about subsidized housing in your area. Also check at your local transition house about second stage housing.

Call 211 to find your Regional Housing Authority.

[novascotia.ca/coms/departement/contact/HousingAuthorityOffices.html](http://novascotia.ca/coms/departement/contact/HousingAuthorityOffices.html)

## Housing Nova Scotia

Call 211 to find the Housing Nova Scotia office nearest you.

[housing.novascotia.ca/housing-nova-scotia-offices](http://housing.novascotia.ca/housing-nova-scotia-offices)

Halifax: Shelters Nova Scotia ..... 902-406-3631

[shelternovascotia.com](http://shelternovascotia.com)

## Immigrant Women

### Citizenship and Immigration Canada

Toll-free: ..... 1-888-242-2100

TTY: ..... 1-888-576-8502

[canada.ca/en/services/immigration-citizenship.html](http://canada.ca/en/services/immigration-citizenship.html)

Halifax Refugee Clinic ..... 902-422-6736

[halifaxrefugeeclinic.org](http://halifaxrefugeeclinic.org)

### Immigrant Settlement Association of Nova Scotia

..... 902-423-3607

Toll-free: ..... 1-866-431-6472

[isans.ca](http://isans.ca)

### Nova Scotia Interpreting Services

..... 902-425-5532

[interpretingservices.ca](http://interpretingservices.ca)

### Department of Labour, Skills and Immigration

..... 902-424-5230

Toll-free (NS) ..... 1-877-292-9597

[beta.novascotia.ca/government/labour-skills-and-immigration](http://beta.novascotia.ca/government/labour-skills-and-immigration)

YMCA Immigrant Centre ..... 902-457-9622

[ymcafx.ca/locations/ymca-immigrant-services/](http://ymcafx.ca/locations/ymca-immigrant-services/)

# Legal

Besides the services listed below, transition houses can often help you with information about the court process and other legal matters. See also under Family Law Resources for more help.

## Legal Aid

### **Nova Scotia Legal Aid**

Call 211 to find the Nova Scotia Legal Aid office nearest you.

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

### **Dalhousie Legal Aid**

Can help with residential tenancy issues.

Halifax..... 902-423-8105

[dal.ca/faculty/law/dlas.html](http://dal.ca/faculty/law/dlas.html)

## Legal and Justice Support Services

### **Coverdale Courtwork Services**

Supports women through the justice system.

Halifax..... 902-422-6417

[coverdale.ca](http://coverdale.ca)

### **Elizabeth Fry Society of Mainland Nova Scotia**

For women in conflict with the law.

Halifax..... 902-454-5041

Toll-free:..... 1-877-619-1354

Truro..... 902-897-0852

[efrymns.ca](http://efrymns.ca)

**Elizabeth Fry Society of Cape Breton** ..... 902-539-6165  
[efrycb.com/home.html](http://efrycb.com/home.html)

**John Howard Society** ..... 902-429-6429  
[ns.johnhoward.ca/](http://ns.johnhoward.ca/)

## Maintenance and Child Support

### Federal Child Support Guidelines

Toll-free: ..... 1-888-373-2222

### Maintenance Enforcement Program

Halifax Regional Municipality: ..... 902-424-0934

Outside Halifax Regional Municipality: ..... 1-855-322-0934

InfoLine (24-hour access) toll-free: ..... 1-855-322-0934

[mep.novascotia.ca](http://mep.novascotia.ca)

## Men’s Domestic Violence Intervention Programs

### Amherst/Cumberland County

**New Directions** ..... 902-667-4500

[autumnhouse.ca/programs-services/mens-services](http://autumnhouse.ca/programs-services/mens-services)

### Halifax

**New Start Counselling** ..... 902-423-4675

[newstartcounselling.ca](http://newstartcounselling.ca)

### The Peoples’ Counselling Clinic

..... 902-832-1593

[thepeoplescounsellingclinic.ca/](http://thepeoplescounsellingclinic.ca/)

## Sydney/Cape Breton Island

Corner Stone ..... 902-567-0979

## Truro/Colchester and East Hants counties

Bridges ..... 902-897-6665

[bridgesinstitute.org](http://bridgesinstitute.org)

## Pictou, Antigonish, Guysborough counties

New Leaf ..... 902-396-2440

[newleafpictoucounty.ca](http://newleafpictoucounty.ca)

## Mental Health Services

**Emergency/Crisis Services** ..... 911

### **Mental Health Crisis Line (24/7)**

..... 1-888-429-8167

Call 211 for mental health services near you.

**HealthLink** ..... 811

For people who are deaf or hard of hearing ..... 711

[811.novascotia.ca](http://811.novascotia.ca)

## Canadian Mental Health Association (CMHA)

NS Division ..... 902-466-6600

Toll-free: ..... 1-877-466-6606

[novascotia.cmha.ca](http://novascotia.cmha.ca)

## Healthy Minds Cooperative

..... 902-404-3504

Toll-free: ..... 1-855-901-6463

[healthyminds.ca](http://healthyminds.ca)



## Schizophrenia Society of Nova Scotia (SSNS)

..... 902-429-8167  
Toll-free:..... 1-888-429-8167  
[SSNS.ca](http://SSNS.ca)

**CMHA**..... 902-455-5445  
[cmhahaldart.ca](http://cmhahaldart.ca)

## Community Mental Health

Dartmouth..... 902-466-1830  
Empowerment Connection..... 902-404-3445  
Healthy Minds Cooperative ..... 902-404-3504  
[healthyminds.ca](http://healthyminds.ca)

**Laing House**..... 902-425-9018  
[lainghouse.org](http://lainghouse.org)

**Self-Help Connection**..... 902-466-2011  
Toll-free:..... 1-844-466-2011  
[selfhelpconnection.ca](http://selfhelpconnection.ca)

## Well Women Clinics

[nshealth.ca/content/well-women-clinics](http://nshealth.ca/content/well-women-clinics)

## Mi'kmaq Women

### Provincial

### Mi'kmaw Legal Support Network

Toll-free:..... 1-877-379-2042  
Dartmouth..... 902-468-0381  
Eskasoni ..... 902-379-2042  
Truro..... 902-895-1141

## **Native Council of Nova Scotia**

..... 902-895-1523

Toll-free:..... 1-800-565-4372

[ncns.ca](http://ncns.ca)

## **Nova Scotia Native Women's Association**

..... 902-893-7402

[nsnwa.ca/](http://nsnwa.ca/)

## **Child Help Initiative Project**

Head office..... 902-895-1738

Toll-free:..... 1-800-565-4372

[ncns.ca/programs-services/child-help-initiative-program-chip](http://ncns.ca/programs-services/child-help-initiative-program-chip)

## **Halifax**

### **Mi'kmaw Native Friendship Centre**

..... 902-420-1576

[mymnfc.com](http://mymnfc.com)

## **Truro**

### **Native Social Counselling Agency**

..... 902-895-1738

[ncns.ca/native-social-counselling-agency](http://ncns.ca/native-social-counselling-agency)

### **Welkaqnik Next Step Shelter**

..... 902-895-1523

Toll-free:..... 1-800-565-4372

[ncns.ca/welkaqnik-next-step-shelter](http://ncns.ca/welkaqnik-next-step-shelter)

## **Mi'kmaq Family and Children's Services**

Eskasoni..... 902-379-2433

Toll-free:..... 1-800-263-8300

Sipekne'katik..... 902-758-3553  
Toll-free:..... 1-800-263-8686  
[fncaringsociety.com/agencies/mikmaw-family-childrens-services-nova-scotia](http://fncaringsociety.com/agencies/mikmaw-family-childrens-services-nova-scotia)

## Mi'kmaq Family Healing Centres

### Millbrook First Nation

Truro..... 902-893-8483  
Toll-free:..... 1-800-565-4741

### We'koqma'q First Nation

Whycocomagh..... 902-756-3440  
Toll-free:..... 1-800-565-3440

## Policing

### First Nations Communities, Cape Breton

Non-emergency and general inquiries:..... 902-563-5151  
[cbrps.ca/first-nations-policing.html](http://cbrps.ca/first-nations-policing.html)

### Police and RCMP - Emergency..... 911

Please see the blue pages in your phone book for non-emergency police and the white pages for RCMP numbers (listed under Royal Canadian Mounted Police) in your area. Many RCMP detachments and police departments offer victims' services or victims' assistance programs to help you. Ask if these services are available to you.

### RCMP

General inquiries: .....902-720-5000  
Non Emergency: ..... 1-800-803-7267  
Call 211 to find your local detachment.

[rcmp-grc.gc.ca/detach/en/find/NS](http://rcmp-grc.gc.ca/detach/en/find/NS)

# Online Bullying

## CyberScan

Helps with cyberbullying/someone posting intimate images.

Halifax Regional Municipality:..... 902-424-6990

Toll-free:..... 1-855-702-8324

[novascotia.ca/cyberscan/](http://novascotia.ca/cyberscan/)

# Second Stage Housing

Second stage housing offers safe and affordable housing for abused women and their children. You can also contact your local transition house.

**Antigonish: Naomi Society** ..... 902-863-3807

[naomisociety.ca](http://naomisociety.ca)

**Halifax: Alice House** ..... 902-466-8459

[alicehouse.ca](http://alicehouse.ca)

## Sydney: Cape Breton Transition House

Crisis line:..... 902-539-2945

Toll-free:..... 1-800-563-2945

[facebook.com/cbthawillowhouse](https://facebook.com/cbthawillowhouse)

## Truro: Welkaqnik Next Step Shelter

(priority to Indigenous women)

..... 902-895-1523

Toll-free:..... 1-800-565-4372

[ncns.ca/programs-services/welkaqnik-next-step-shelter](http://ncns.ca/programs-services/welkaqnik-next-step-shelter)

# Senior Women

## Nova Scotia Senior Safety Programs

Call 211 for senior safety programs near you.

[novascotia.ca/seniors/senior\\_Safety\\_Programs.asp](http://novascotia.ca/seniors/senior_Safety_Programs.asp)

# Sexual and Reproductive Health

## IWK Health Centre

Women's Clinic: ..... 902-470-8888

Toll-free: ..... 1-888-479-5888

[iwk.nshealth.ca/women-and-newborns-health](http://iwk.nshealth.ca/women-and-newborns-health)

## Well Woman Clinic

Call 211 to find a Well Woman's Clinic near you.

[nshealth.ca/content/well-woman-clinics](http://nshealth.ca/content/well-woman-clinics)

## Sexual Health Centres

Call 211 to find a sexual health centre near you.

**Sexual Health Nova Scotia** ..... 902-492-6900

[shns.ca](http://shns.ca)

## Amherst: Sexual Health Centre for Cumberland County

..... 902-667-7500

[facebook.com/pg/Sexual-Health-Centre-for-Cumberland-County-225778277501746](https://facebook.com/pg/Sexual-Health-Centre-for-Cumberland-County-225778277501746)

## Bridgewater: Sexual Health Centre

Lunenburg County ..... 902-527-2868

[southshoresexualhealth.com](http://southshoresexualhealth.com)

**Halifax: Halifax Sexual Health Centre**

..... 902-455-9656  
[hshc.ca](http://hshc.ca)

**Kentville: The Red Door Youth Health & Support Centre**

(for youth 13-30)..... 902-679-1411  
[thereddoor.ca](http://thereddoor.ca)

**New Glasgow: Pictou County Centre for Sexual Health**

..... 902-695-3366  
[facebook.com/PCSHCentre/](https://facebook.com/PCSHCentre/)

**Sheet Harbour: Sheet Harbour Sexual Health Centre**

..... 902-885-3693  
[facebook.com/sheetharbourshc](https://facebook.com/sheetharbourshc)

**Sydney: Cape Breton Centre for Sexual Health**

..... 902-539-5158  
[facebook.com/Cape-Breton-Centre-for-Sexual-Health-887431781392027](https://facebook.com/Cape-Breton-Centre-for-Sexual-Health-887431781392027)

**Sexual Assault Centres**

**Antigonish: Antigonish Women’s Resource Centre  
& Sexual Assault Services Association**

..... 902-863-6221  
[awrcsasa.ca](http://awrcsasa.ca)

**Halifax: Avalon Sexual Assault Centre**

..... 902-422-4240  
**Crisis Line: ..... 902-425-0122**  
[avaloncentre.ca](http://avaloncentre.ca)

**Truro: Colchester Sexual Assault Centre**

..... 902-897-4366  
[colchestersac.ca](http://colchestersac.ca)

## Support/Referral/Advocacy Organizations

**Dartmouth: Self Help Connection** ..... 902-466-2011  
Toll-free: ..... 1-844-466-2011  
[selfhelpconnection.ca/](http://selfhelpconnection.ca/)

**Halifax: YWCA**..... 902-423-6162  
[ywcahalifax.com](http://ywcahalifax.com)

## Transition Houses

Transition houses offer emergency shelter, information, and support for women in abusive relationships. For more information on services call the Transition House Association of Nova Scotia

..... 902-429-7287  
[thans.ca](http://thans.ca)

If you need support call or text the provincial toll-free line, 1-855-225-0220, available 24/7

You can also call a transition house in your area.  
Call 211 to find the transition house nearest you.

### Amherst: Autumn House

(Wheelchair accessible) (will accept collect calls)

**24 hour crisis line**..... 902-667-1200  
Office..... 902-667-1344  
[autumnhouse.ca](http://autumnhouse.ca)

### Antigonish: Naomi Society

**Office/Crisis:**..... 902-863-3807  
[naomisociety.ca](http://naomisociety.ca)

**Bridgewater: Harbour House** (Wheelchair accessible)

**Crisis line:** ..... 902-543-3999

Toll-free: ..... 1-888-543-3999

Office: ..... 902-543-3665

Outreach: ..... 902-543-9970

[harbour-house.ca](http://harbour-house.ca)

**Digby: Juniper House Outreach**

**Crisis line:** ..... 902-742-8689

Toll-free: ..... 1-800-266-4087

Juniper Outreach: ..... 902-245-4789

[juniperhouse.ca](http://juniperhouse.ca)

**Halifax: Adsum House** (For homeless women and children)

..... 902-423-4443

[adsumforwomen.org](http://adsumforwomen.org)

**Halifax: Bryony House** (Wheelchair accessible, one room accessible, accessible bathroom, bilingual staff as required)

**24 hr Crisis line:**..... 902-422-7650

Counsellor: ..... 902-423-7183

Office: ..... 902-429-9002

Outreach: ..... 902-222-4640

[bryonyhouse.ca](http://bryonyhouse.ca)

**Kentville: Chrysalis House**

(Wheelchair ramp, bathroom accessible)

**Crisis line:** ..... 902-679-1922

Toll-free: ..... 1-800-264-8682

Office: ..... 902-679-6544

Outreach: ..... 902-679-8324

[chrysalishouseassociation.org](http://chrysalishouseassociation.org)



## **New Glasgow: Tearmann House**

(Wheelchair ramp, main floor accessible)

**Crisis line:** ..... **902-752-0132**

Toll-free: ..... 1-888-831-0330

Office: ..... 902-928-0774

Outreach: ..... 902-752-2591

[tearmann.ca](http://tearmann.ca)

## **Millbrook: Mi'kmaw Family Healing Centre**

(Wheelchair ramp, main floor accessible)

Office: ..... 902-756-3440

Toll-free: ..... 1-800-565-4741

## **Port Hawkesbury: Leaside Transition House**

(Wheelchair accessible)

**Crisis line:** ..... **902-625-2444**

Toll-free: ..... 1-800-565-3390

Office/Outreach: ..... 902-625-1990

[thans.ca/shelters/leaside-transition-house-port-hawkesbury/](http://thans.ca/shelters/leaside-transition-house-port-hawkesbury/)

## **Shelburne: Juniper House Outreach**

**Crisis line:** ..... **902-742-8689**

Toll-free: ..... 1-800-266-4087

Outreach: ..... 902-742-0231

[juniperhouse.ca](http://juniperhouse.ca)

## **Sydney: Cape Breton Transition House**

(Wheelchair lift, bilingual staff as required)

**Crisis line:** ..... **902-539-2945**

Toll-free: ..... 1-800-563-2945

Outreach Program: ..... 902-562-3045

[transitionhousefoundation.com/](http://transitionhousefoundation.com/)

### **Truro: Third Place**

(Wheelchair ramp, one room, partial bath, and common areas accessible)

**Crisis line:** ..... **902-893-3232**

Toll-free: ..... 1-800-565-4878

Office: ..... 902-893-4844

Outreach: ..... 902-895-9740

[thirdplaceth.ca](http://thirdplaceth.ca)

### **We'koqma'q: Mi'kmaw Family Healing Centre**

(Wheelchair ramp, main floor accessible)

Office: ..... 902-756-3440

Toll-free: ..... 1-800-565-4741

### **Yarmouth: Juniper House Outreach**

**Crisis line:** ..... **902-742-8689**

Toll-free: ..... 1-800-266-4087

Office: ..... 902-742-4473

Outreach: ..... 902-742-0231

[juniperhouse.ca](http://juniperhouse.ca)

## **Victim Services**

Victim Services provides information and confidential support services to victims of crime and their families. Your local RCMP detachment, police department, or transition house can also provide support and assistance.

### **Provincial Victim Services**

Call 211 to find victim services near you.

Head Office Halifax: ..... 902-424-3309

Toll-free: ..... 1-888-470-0773

[novascotia.ca/just/victim\\_services](http://novascotia.ca/just/victim_services)

## Police-based Victim Services

Halifax Regional Police Victim Services Unit ..... 902-490-5300  
Text:..... 902-497-4709

## Women’s Centres

### Women’s Centres Connect

[womenconnect.ca](http://womenconnect.ca)

### Annapolis: The Women’s Place Resource Centre

..... 902-363-2030

[wprc.ddns.net/joomla/](http://wprc.ddns.net/joomla/)

### Antigonish: Antigonish Women’s Resource Centre & Sexual Assault Services Association

..... 902-863-6221

[awrcsasa.ca](http://awrcsasa.ca)

### Digby: Tri-County Women’s Centre

Outreach..... 902-245-6866

[tricountywomenscentre.org/](http://tricountywomenscentre.org/)

### Halifax: South House Sexual and Gender Resource Centre

..... 902-494-2432

[southhousehalifax.ca](http://southhousehalifax.ca)

### Lunenburg: Second Story Women’s Centre

..... 902-640-3044

[secondstory.ca/](http://secondstory.ca/)

**New Glasgow: Pictou County Women’s Resource & Sexual Assault Centre**  
..... 902-755-4647  
[womenscentre.ca](http://womenscentre.ca)

**Port Hawkesbury: Strait Area Women’s Place**  
..... 902-625-1614

**Sheet Harbour: LEA Place Women’s Centre**  
..... 902-885-2668  
[leaplace.com](http://leaplace.com)

**Shelburne: Tri-County Women’s Centre**  
Outreach..... 902-875-4777  
[tricitywomenscentre.org/](http://tricitywomenscentre.org/)

**Sydney: Every Woman’s Centre** ..... 902-567-1212  
[everywomenscentre.com/](http://everywomenscentre.com/)

**Truro: Lotus Centre** ..... 902-895-4295  
[thelotuscentre.net](http://thelotuscentre.net)

**Yarmouth: Tri-County Women’s Centre** ..... 902-742-0085  
Toll-free:..... 1-877-742-0085  
[tricitywomenscentre.org](http://tricitywomenscentre.org)

# Women with Disabilities

## Nova Scotia Accessibility Directorate

Halifax: (provincial)..... 902-424-8280  
Toll-free: (NS) ..... 1-800-565-8280  
TTY: ..... 902-424-2667  
Toll-free/TTY: (NS) ..... 1-877-996-9954

[novascotia.ca/accessibility](http://novascotia.ca/accessibility)

## Nova Scotia League for Equal Opportunities

..... 902-455-6942  
Toll-free: ..... 1-866-696-7536

[nsleo.com](http://nsleo.com)

**reachAbility Association** ..... 902-429-5878

[reachability.org](http://reachability.org)

## Caregivers Nova Scotia

Toll-free: ..... 1-877-488-7390

[caregiversns.org/](http://caregiversns.org/)

## DisAbled Women's Network Canada

Toll-free: ..... 1-866-396-0074

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

## Additional Resources

### **Centre for Research & Education on Violence Against Women & Children**

Provides information, research, online training, and resources about domestic violence.

[learningtoendabuse.ca](http://learningtoendabuse.ca)

### **Ending Violence Association of Canada**

A national non-profit organization whose main purpose is to educate and respond to gender-based violence at the national level.

[endingviolencecanada.org/about-us/](http://endingviolencecanada.org/about-us/)

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

Provides information about the law in this province.

[legalinfo.org](http://legalinfo.org)

### **National Information Center on Health Services**

Provides information on, and resources about, domestic violence.

[nlm.nih.gov/nichsr](http://nlm.nih.gov/nichsr)

### **Neighbours, Friends and Families**

A public education campaign to raise awareness of the signs of woman abuse so that those close to an at-risk woman or an abusive man can help.

[neighboursfriendsandfamilies.ca](http://neighboursfriendsandfamilies.ca)

### **Nova Scotia Status of Women Office**

Provides information about the issue of domestic violence.

[women.novascotia.ca/our-priorities/womens-safety](http://women.novascotia.ca/our-priorities/womens-safety)

## **Nova Scotia Domestic Violence Resource Centre**

Provides information about domestic violence, information on providing support, and links to support services across Nova Scotia.

[nsdomesticviolence.ca/](http://nsdomesticviolence.ca/)

## **Public Health Agency of Canada**

Operates the National Clearinghouse on Family Violence (NCFV).

Information is available in both English and French.

[canada.ca/en/public-health/services/health-promotion/stop-family-violence.html](http://canada.ca/en/public-health/services/health-promotion/stop-family-violence.html)

## **Transition House Association of Nova Scotia**

Member organizations provide crisis and transitional services to women and their children. You can locate a shelter and other resources through this site.

[thans.ca/](http://thans.ca/)