

Resources



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

Safety Alert

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's 24-hour toll-free line:**
1 855 225 0220

You can also contact the local transition house (women's shelter) in your area. See pages 155–156 of this book for a complete list.

Your local number:



Quick connect

Community and social services	211
ns.211.ca	
HealthLink	811
Hearing impaired	711
811.novascotia.ca	

Help Lines

Crime Stoppers	1-800-222-8477
Kids Help Phone	Toll-free 1-800-668-6868
Mental Health Crisis Line: serves all of Nova Scotia 24/7	1-888-429-8167
Avalon Sexual Assault Centre, Halifax Crisis Line	902-422-4240

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 , Leaside 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

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African Nova Scotian Women

- African United Baptist Women's Institute** 902-434-8837
- Association of Black Social Workers** 902-407-8809
nsabsw.ca
- Black Educators Association** 902-424-0636
..... Toll-free 1-800-565-3398
theblackeducators.ca
- Cumberland African Nova Scotian Association** 902-661-1509
cansa.ca

Children Services

Child Benefits

- Nova Scotia Child Benefit** Toll-free 1-800-387-1193
novascotia.ca/coms/families/ChildBenefit.html

Child Care Information and Subsidies

- Child Care Connections-NS** 902-423-8199
..... Toll-free 1-800-565-8199
cccns.org
- Child Care Subsidy Program** 1-844-804-2084
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

Regional Offices

novascotia.ca/coms/department/contact/index.html

Central Region

Central Halifax	902-424-6111
Cole Harbour	902-435-7472
Dartmouth	902-424-3298
..... After hours	902-424-2434
..... Toll-free 1-866-922-2434	
Halifax	902-425-5420
Sackville	902-869-3600

Eastern Region

Eastern Regional Office	902-563-3302
Glace Bay	902-842-4000
North Sydney District Office	902-794-5110
Port Hawksbury	902-625-0660
Sydney	902-563-3300

Northern Region

Regional office	902-755-7023
Antigonish	902-863-3213
Colchester County	902-893-5950
Cumberland County	902-667-3336
East Hants (Elmsdale)	902-883-3539
Guysborough	902-533-4007
New Glasgow	902-755-7363
Shubenacadie	902-758-3553
..... Toll-free 1-800-263-8686	

mfcsns.ca

Western Region

Regional office	902-679-5146
Annapolis	902-532-2337
Digby	902-245-5811
Hants	902-798-8319
Kings County	902-678-6176
..... Toll-free 1-877-424-1177	
Lunenburg County	902-543-4554
Middleton	902-825-3481
..... Toll-free 1-800-564-3483	
Queens County	902-354-2771
Shelburne County	902-637-2337
Yarmouth County	902-742-0741

Children with Special Needs

Early Childhood Development Intervention Services

276 Bedford Highway, Suite 104, Halifax Toll-free 1-844-292-6730
nsecdis.ca

Counselling Services for Children

IWK Community Mental Health

iwk.nshealth.ca/mental-health

Intake 902-464-4110
. Toll-free 1-888-470-5888

Clinics

Dartmouth 902-469-8170
Halifax 902-422-1611
Sackville 902 864-8668

Kids Help Phone Toll-free 1-800-668-6868

kidshelpphone.ca

Text “Connect” to 686868

Counselling

Family Service Association, Central intake

Halifax and Lower Sackville 902-420-1980
. Toll-free 1-888-886-5552
fshalifax.com

Family Service of Eastern Nova Scotia Toll-free 1-866-330-5952

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

Employment

Employment Outreach Agencies

Ann Terry Outreach Project

Sydney 902-539-0404
annterryproject.com

Team Work Cooperative 902-422-8900

teamworkbridge.org

Service Canada Centres (HRDC)

servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng

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

Employment Support and Income Assistance

Department of Community Services

novascotia.ca/coms/department/contact/index.html

Central Regional Office

Halifax 902-424-5074

Central Region District Offices

Halifax 902-424-6111

Cole Harbour 902-435-7472

Dartmouth 902-424-1600

Sackville 902-869-3600

Eastern Regional Office

Sydney 902-563-3302

Eastern Region District Offices

Glace Bay 902-842-4000

North Sydney 902-794-5110

Port Hawkesbury 902-625-0660

Sydney 902-563-3300

Northern Regional Office

New Glasgow 902-755-7023

Family Courts

novascotia.ca/just/court_services/justice_centres.asp

Family Court Office

Pictou	902-485-7350
Truro	902-893-5840

Family Division

Yarmouth	902-742-0500
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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 Resources

Antigonish and Pictou Counties

Kids First Family Resource Centre

kids1st.ca	
Antigonish	902-863-3848
Pictou County	902-755-5437

Cape Breton

CUPW-UPCE Special Needs and Moving On Projects

specialneedsproject.ca	
Baddeck	902-295-1357

Family Place Resource Centre

familyplace.ca	
Inverness	902-258-3002
Sydney	902-562-5616
Port Hawkesbury	902-625-1496
Neil's Harbour	902-336-2208
Baddeck	902-295-2956
Victoria County, North of Smokey	902-336-2208
Victoria County, South of Smokey	902-295-2956

Family Resource Centre

New Waterford	902-862-7140
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Military Family Resource Centre

halifaxmfrfc.ca	
Sydney	902-563-7100

Colchester and Cumberland County

Maggie's Place

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

Digby, Yarmouth, and Shelburne Counties

South Shore Family Resource Association

Digby	902-245-2300
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Le Centre provincial de ressources préscolaires

cprps.ca	
Saulnierville	902-769-5850

Kings Street Centre Family Resource Centre

Shelburne..... 902-875-3256
..... Toll-free 1-800-563-3256

Parent's Place

Yarmouth..... 902-749-1718

Halifax and Guysborough Counties

(excluding Halifax Regional Municipality)

Eastern Shore Family Resource Association

esfamily.org

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

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

Kids First Family Resource Centre

kids1st.ca

Guysborough..... 902-533-3881

..... Toll-free 1-888-533-3881

Musquodoboit Valley Family Resource Centre

musquodoboitvalleyfamilyresourcecentre.vpweb.ca

..... 902-384-2794

Halifax Regional Municipality

Bayers Westwood Family Support Resource Centre

Halifax..... 902-454-9444

Chebucto Family Centre: Home of the Guardian Angel..... 902-479-3031

homeoftheguardianangel.ca

Dartmouth Family Resource Centre..... 902-464-8234

dartmouthfamilycentre.ca

Fairview Family Centre..... 902-443-9569

ffcns.ca

Family SOS

familysos.ca

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

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

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

memorylanefamilyplace.com

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

Military Family Resource Centre

halifaxmfrfc.ca

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

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

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

Mulgrave Park Tenants Association 902-453-9273

PACT: Parent and Child Together

parentsandchildrentogether.info

Dartmouth 902-434-8952

North End Parent Resource Centre 902-492-0133

neprc.org

Kings and Annapolis Counties

Kids Action Program

facebook.com/kidsactionprogram

Canning 902-680-6172

Greenwood Military Family Resource Centre 902-765-5611

cg.cfpsa.ca/cg-pc/greenwood/en/familyservices/militaryfamilyresourcecentre

Kings County Family Support Centre

Kentville 902-678-5760

kcfrc.ca

Family Matters – The Annapolis County Family

Lawrencetown, Resource Centre 902-584-2210

..... Toll-free 1-800-399-7119

family-matters.ca

Family Resource Centre of West Hants

Windsor 902-798-5961

frcfwh.webs.com

Lunenburg and Queens Counties

Bridgewater: Family Support Centre 902-543-3119

southshorefamilyresource.org/include/lunenburg.htm

Chester: Chester and Area Family Resource Centre 902-275-4347

chesterfamilycentre.ca

Liverpool: Queens Family Resource Centre 902-354-7176

southshorefamilyresource.org/include/queens.htm

New Ross: Family Resource Centre 902-689-2414

nrffc.ca

Francophonie Women

Fédération des femmes acadiennes de la Nouvelle-Écosse

Dartmouth 902-433-2088
ffane.ca

Government Departments, Programs, and Services

Federal Government

Information line 1-800-622-6232
..... TTY/TDD 1-800-926-9105

Provincial Government

Nova Scotia Advisory Council on the Status of Women

..... 902-424-8662
..... Toll-free 1-800-565-8662
women.gov.ns.ca

Nova Scotia Human Rights Commission

..... 902-424-4111
..... Toll-free 1-877-269-7699
humanrights.novascotia.ca

Nova Scotia Office of Immigration

..... 902-424-5230
..... Toll-free (NS) 1-877-292-9597
novascotiaimmigration.com

Nova Scotia Ombudsman's Office

..... 902-424-6780
..... Toll-free 1-800-670-1111
novascotia.ca/ombu

Service Nova Scotia and Municipal Affairs

Inquiries about government programs and services
..... 902-424-6642
novascotia.ca/dma

Health

Addiction/Drug Dependency Services

Choices Adolescent Program: Halifax 902-464-4110
..... Toll-free 1-888-470-5888
www.iwk.nshealth.ca/mental-health/youth/choices-addictions

Marguerite Centre

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

Provincial Addiction Services Offices

nshealth.ca/mental-health-addictions

Mental Health Crisis Line **Toll-free 1-888-429-8167**

Annapolis Valley, South Shore, and South West Nova Scotia

Annapolis Valley Toll-free 1-855-273-7110
South Shore Toll-free 1-877-334-3431
South West Toll-free 1-844-380-4324

Cape Breton, Guysborough, and Antigonish

Regional intake Toll-free 1-888-291-3535
Antigonish & Strait Areas Toll-free 1-888-291-3535
Cape Breton Area (Adult) 902-567-7951
Regional intake Toll-free 1-888-291-3535

Colchester, East Hants, Cumberland, and Pictou

Regional intake Toll-free 1-844-855-6688

Halifax area, Eastern Shore, and West Hants

Regional intake 902-424-8866
..... Toll-free 1-866-340-6700

General Health Services

Health Link

811.novascotia.ca
..... dial 811

IWK Health Centre

iwk.nshealth.ca
Halifax 902-470-8888

North End Community Health Centre, Halifax

nehc.com
..... 902-420-0303

Public Health Services, Halifax 902-481-5800

Housing

Housing Services Offices

Contact Housing Services about home improvement loans, grants, and other financial assistance programs related to improving or developing housing. For issues related to public housing, please contact the Housing Authority office, listed on page 137, nearest you.

novascotia.ca/coms/departement/contact/HousingServicesOffices.html

Central Region

Halifax 902-424-5110
..... Toll-free 1-800-774-5130

Eastern Region (Cape Breton)

Sydney 902-563-2120
..... Toll-free 1-800-567-2135

Northern Region

Amherst 902-667-1161
New Glasgow 902-755-5065
..... Toll-free 1-800-933-2101
Truro 902-893-5999

Western Region

Bridgewater 902-543-7336
..... Toll-free 1-800-278-2144
Middleton 902-825-3481
..... Toll-free 1-800-564-3483

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.

novascotia.ca/coms/department/contact/HousingAuthorityOffices.html

Cape Breton Island Housing Authority

Includes Cape Breton, Richmond, Inverness, and Victoria counties

..... 902- 539-8520

..... Toll-free 1-800-565-3135

Cobequid Service Area

Amherst and Cumberland County. 902-667-8757

..... Toll-free 1-800-934-2445

Truro and Colchester County. 902-893-7235

..... Toll-free 1-877-846-0440

Eastern Mainland Service Area

Includes Antigonish, Guysborough, and Pictou Counties. ... 902-752-1225

..... Toll-free 1-800-933-2101

Metropolitan Regional Housing Authority Service Area

Includes Halifax, Dartmouth, Bedford and County. 902-420-6000

..... Toll-free 1-800-565-8859

Western Regional Housing Authority

Includes Annapolis Valley Service Area: Annapolis, Kings, and Hants counties.

New Minas (Head Office) 902-681-3179

..... Toll-free 1-800-441-0447

Bridgewater 902-543-8200

..... Toll-free 1-888-845-7208

Middleton 902-825-3481

..... Toll-free 1-800-564-3483

Yarmouth 902-742-4369

..... Toll-free 1-800-306-3331

Housing Nova Scotia

housing.novascotia.ca/housing-nova-scotia-offices

Immigrant Women

- Citizenship and Immigration Canada** Toll-free 1-888-242-2100
..... TTY 1-888-576-8502
cic.gc.ca/english
- Halifax Refugee Clinic** 902-422-6736
halifaxrefugeeclinic.org
- Immigrant Settlement Association of Nova Scotia** 902-423-3607
..... Toll-free 1-866-431-6472
isans.ca
- Nova Scotia Interpreting Services** 902-425-5532
interpretingservices.ca
- Nova Scotia Immigration** 902-424-5230
..... Toll-free (NS) 1-877-292-9597
novascotiaimmigration.ca
- YMCA Immigrant Centre** 902-457-9622
ymcafx.ca/ymca-programs

Legal

Besides the services listed below, transition houses can often help you with information about the court process and other legal matters.

Legal Aid

Nova Scotia Legal Aid

www.nslegalaid.ca

Amherst	902-667-7544
.	Toll-free 1-866-999-7544
Annapolis Royal	902-532-2311
.	Toll-free 1-866-532-2311
Antigonish	902-863-3350
.	Toll-free 1-866-439-1544
Bridgewater	902-543-4658
.	Toll-free 1-866-543-4658
Dartmouth	902-420-7921
.	Toll-free 1-855-420-7921
Halifax, North	902-420-3450
.	Toll-free 1-866-420-3450
Halifax, South	902-420-6583
.	Toll-free 1-877-777-6583
Kentville	902-679-6110
.	Toll-free 1-866-679-6110
New Glasgow	902-755-7020
.	Toll-free 1-877-755-7020
Port Hawkesbury	902-625-4047
.	Toll-free 1-888-817-0116
Sydney	902-563-2295
.	Toll-free 1-877-563-2295
Truro	902-893-5920
.	Toll-free 1-877-777-5920
Windsor	902-798-8397
.	Toll-free 1-866-798-8397
Yarmouth	902-742-7827
.	Toll-free 1-866-742-3300

Dalhousie Legal Aid

Halifax	902-423-8105
dal.ca/faculty/law/dlas.html	

Legal and Justice Support Services

Coverdale Courtwork Services

Supporting women through the justice system

Halifax. 902- 422-6417
coverdale.ca

Elizabeth Fry Society / For women in conflict with the law

Halifax. 902-454-5041
..... Toll-free 1-877-619-1354
Cape Breton..... 902-539-6165
caefs.ca

Legal Information and Lawyer Referral

Family Law Information Program (FLIP)

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

Legal Information Society of Nova Scotia 902-455-3135
..... Toll-free 1-800-665-9779
legalinfo.org

Maintenance and Child Support

Federal Child Support Guidelines Toll-free 1-888-373-2222

Maintenance Enforcement Program

Head Office 902-424-0934
InfoLine (24-hour access) Toll-free 1-855-322-0934
mep.novascotia.ca

LGBTQ

Egale Canada Toll-free 1-888-204-7777
egale.ca

Lesbian, Gay, Bi Sexual Youth Project 902-429-5429
youthproject.ns.ca

Nova Scotia Rainbow Action Project
nsrap.ca

PFLAG Canada Ltd. Toll-free 1-888-530-6777
pflagcanada.ca

Pride Cape Breton
facebook.com/PrideCapeBretonSociety

Men's Domestic Abuse Intervention Programs

Amherst/Cumberland County
New Directions 902-667-1344
autumnhouse.ca/programs-services/mens-services

Bridgewater/Lunenburg and Queens Counties
Alternatives 902-543-7444

Halifax
New Start Counselling 902-423-4675
newstartcounselling.ca

Sydney/Cape Breton Island
Corner Stone 902-567-0979
..... Toll-free 1-855-567-0979
cornerstonecb.ca

Truro/Colchester and East Hants counties
Bridges 902- 897-6665
bridgesinstitute.org

Westville/New Glasgow, Pictou, Antigonish, Guysborough counties
New Leaf 902-396-2440
newleafpictoucounty.ca

Mental Health

Emergency/Crisis Services dial 911

Mental Health Crisis Line (24/7) 1-888-429-8167

Canadian Mental Health (CMHA)

NS Division 902-466-6600

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

novascotia.cmha.ca

HealthLink dial 811

For the hearing impaired dial 711

811.novascotia.ca

Schizophrenia Society of Nova Scotia (SSNS) 902-465-2601

..... Toll-free 1-800-465-2601

SSNS.ca

Mental Health Services

Central Health Authority

Capital District Health Authority

www.iwk.nshealth.ca/mental-health/adolescent-intensive-services

Child/Adolescent Mental Health Program 902-464-4110

..... Toll-free 1-855-635-4110

NS Hospital 902-464-3111

IWK Health Centre Community Mental Health 902-422-1611

IWK's Central Referral Service 902-464-4110

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

CMHA 902-455-5445

cmhahaldart.ca

Community Mental Health Dartmouth 902-466-1830

Empowerment Connection 902-404-3445

Healthy Minds Cooperative 902-404-3504

healthyminds.ca

Laing House 902-425-9018

lainghouse.org

SSNS HRM Chapter 902-462-8658

ssnsc.blogspot.ca/p/hrm-chapter.html

Self-Help Connection 902-466-2011

..... Toll-free 1-844-466-2011

selfhelpconnection.ca

Women's Health Community Clinics 902-470-6755

Nova Scotia Health Authority

www.nshealth.ca/mental-health-addictions

Cape Breton, Guysborough, and Antigonish Antigonish & Strait Areas

- Toll-free 1-888-291-3535
- Cape Breton Area (Adult) 902-567-7951
- Cape Breton Area (Child & Adolescent) 902-567-7731
- CMHA Cape Breton 902-567-7735
- cmha.ca/branches/cape-breton-branch

Colchester, East Hants, Cumberland, and Pictou

- Regional intake Toll-free 1-844-855-6688
- Colchester/East Hants CHMA 902-895-4211
- ceh.cmha.ca

Annapolis Valley, South Shore, and South West Nova Scotia

- Annapolis Valley Toll-free 1-855-273-7110
- South Shore Toll-free 1-877-334-3431
- South West Toll-free 1-844-380-4324

Mi'kmaq Services

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

Nova Scotia Native Women's Association

- 902-893-7402

Child Help Initiative Project

ncns.ca/programs-services/child-help-initiative-program-chip

- Cape Breton, Richmond and Victoria Counties. 1-902-567-1240
- Colchester, Cumberland, Pictou, Guysborough, Antigonish, Halifax and
Hants Counties. 1-902-895-1738
- Toll-free 1-800-565-4372
- Kings, Queens, Lunenburg, Annapolis, Digby, Yarmouth
and Shelburne Counties 1-902-354-2751

Halifax

Mi'kmaw Native Friendship Centre 902-420-1576
www.mymnfc.com

Mi'kmaw Child Development Centre 902-422-7850
mymnfc.com/programs_childdev_mcdc.php

Truro

Native Social Counselling Agency 902-895-1738
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

Mi'kmaq Family and Children's Services

mfcsns.ca

Eskasoni 902-379-2433
..... Toll-free 1-800-263-8300

Indian Brook 902-758-3553
..... Toll-free 1-800-263-8686

Mi'kmaq Family Healing Centres

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

Waycobah First Nation: Whycomomagh 902-756-3440
..... Toll-free 1-800-565-3440

Policing

Mainland First Nations Communities

Cape Breton – Membourtau 902-563-5151

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

rcmp-grc.gc.ca/en/ns

General inquiries 902-720-5000

Non Emergency 1-800-803-7267

Find your local detachment: rcmp-grc.gc.ca/ns/detach/index-eng.htm

Second Stage Housing

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

Antigonish: Naomi Society	902-863-3807
naomisociety.ca	
Halifax: Alice House	902-466-8459
alicehouse.ca	
Sydney: Cape Breton Transition House	902-562-3045
Truro: Welkaqnik Next Step Shelter (priority to Aboriginal women)	
	902-895-1523
	Toll-free 1-800-565-4372
ncns.ca/programs-services/welkaqnik-next-step-shelter	

Senior Women

Provincial Senior Abuse Line

8:30 am – 4:30 pm Monday to Friday (except holidays)

Toll-free in Nova Scotia 1-877-833-3377

Out of province 902-424-3163

Nova Scotia Senior Safety Programs

novascotia.ca/seniors/senior_Safety_Programs.asp

Annapolis County	902-665-4481
Antigonish Town and County	902-863-6500
Bridgewater	902-543-3567
Cape Breton Regional Municipality	902-563-5351
Cumberland County	902-667-7484
Digby	902-245-2579
Halifax	902-490-5462
Hants	902-758-5805
seniorsafetyprogram.ca	
Kings County	902-375-3602
Lunenburg County	902-543-3567
Pictou	902-755-2886
Queen's County	902-354-5721
Shelburne County	902-637-2015
	Toll-free 1-800-565-0397
ourseniorservices.com/services/safety.html	
Yarmouth County	902-881-7107

Seniors Mental Health Program—Capital Health

Cape Breton intake	902-567-7730
Dartmouth	902-464-6054
Halifax.	902-473-7799

[nshealth.ca/service-details/Seniors Mental Health](https://nshealth.ca/service-details/Seniors%20Mental%20Health)

Sexual and Reproductive Health

Halifax: IWK Health Centre

Women’s Clinic	902- 470-8888
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www.iwk.nshealth.ca/women-and-newborns-health

Women’s Health Community Clinics	902-470-6755
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Sexual Health Centres

Sexual Health Nova Scotia 902-492-6900
shns.ca

Amherst: Sexual Health Centre for Cumberland County. 902-667-7500
facebook.com/pg/Sexual-Health-Centre-for-Cumberland-County-225778277501746

Bridgewater: Sexual Health Centre, Lunenburg County 902-527-2868
sexualhealthlunenburg.com

Halifax: Halifax Sexual Health Centre 902-455-9656
hshc.ca

Kentville: The Red Door Youth Health & Support Centre (for youth 13-30)
. 902-679-1411
thereddoor.ca

New Glasgow: Pictou County Centre for Sexual Health 902-695-3366
facebook.com/pg/Pictou-County-Centre-for-Sexual-Health-163306117043105

Sheet Harbour: Sheet Harbour Sexual Health Centre 902-885-3693
facebook.com/sheetharbourshc

Sydney: Cape Breton Centre for Sexual Health. 902-539-5158
facebook.com/Cape-Breton-Centre-for-Sexual-Health-887431781392027

Sexual Assault Centres

Antigonish: Antigonish Women’s Resource Centre& Sexual Assault Services Association902.863.6221
awrcsasa.ca

Halifax: Avalon Sexual Assault Centre 902-422-4240
Crisis Line **902-425-0122**
avaloncentre.ca

Truro: Colchester Sexual Assault Centre 902-897-4366
colchestersac.ca

Support/Referral/Advocacy Organizations

Dartmouth: Self Help Connection 902-466-2011
..... Toll-free 1-844-466-2011

Halifax: YWCA 902-423-6162
ywcahalifax.com

New Glasgow: Pictou County YM/YWCA 902-752-0202
pcymca.ca

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

Amherst: Autumn House (Wheelchair accessible) (will accept collect calls)
24 hour crisis line **902-667-1200**
Office 902-667-1344
autumnhouse.ca

Antigonish: Naomi Society, Office/**Crisis** **902-863-3807**
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

Digby: Juniper House
Crisis line **902-742-8689**
..... **Toll-free 1-800-266-4087**
Juniper Outreach 902-245-4789
juniperhouse.ca

Halifax

Adsum House (For homeless women and children) 902-423-4443
adsumforwomen.org

Barry House 902-422-8324

Bryony House (Wheelchair ramp, one room accessible, accessible bathroom, bilingual staff as required)
24 hr Crisis line **902-422-7650**
Office 902-429-9002
Outreach 902-429-9003
bryonyhouse.ca

Kentville: Chrysalis House (Two bilingual staff, wheelchair ramp, one large room, bathroom accessible)
Crisis line **902-679-1922**
..... **Toll-free 1-800-264-8682**
Office 902-679-6544
Outreach 902-679-8324
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

Port Hawkesbury: Leaside Transition House (Wheelchair accessible)

Crisis line **902-625-2444**
..... **Toll-free 1-800-565-3390**
Office/Outreach 902-625-1990

Sydney: Cape Breton Transition House (Wheelchair lift, bilingual staff as required)

Crisis line **902-539-2945**
..... **Toll-free 1-800-563-2945**
Office 902-562-3864
Outreach Program 902-562-3045
Childcare Councillor 902-562-1336
cbtha.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

Yarmouth: Juniper House

Crisis line **902-742-8689**
..... **Toll-free 1-800-266-4087**
Office 902-742-4473
Outreach 902-742-0231
juniperhouse.ca

Women's Centres

Provincial

Women's Centres Connect Nova Scotia Association of Women's Centres
womenconnect.ca

Annapolis: The Women's Place Resource Centre

..... 902-532-1898
..... Toll-free 1-877-392-8800
womensplaceresourcecenter.com

Antigonish: Women's Resource Centre & Sexual Assault Services Association

..... 902-863-6221
awrcsasa.ca

Halifax

Saint Mary's University Women's Centre 902-496-8700
smusa.ca/services/womens-centre

South House Sexual and Gender Resource Centre 902-494-2432
southhousehalifax.ca

Lunenburg: Second Story Women's Centre

..... 902-640-3044
secstory.com

New Glasgow: Pictou County Women's Resource & Sexual Assault Centre

..... 902-755-4647
womenscentre.ca

Port Hawksbury: Strait Area Women's Place

..... 902-625-1614
Sheet Harbour: LEA Place Women's Centre 902-885-2668
leaplace.com

Sydney: Every Woman's Centre

..... 902-567-1212
Truro: Lotus Centre 902-895-4295
thelotuscentre.net

Wolfville: Acadia University Women's Centre

..... 902-585-2140
theasu.ca/ios/womenscentre

Yarmouth: Tri County Women's Centre

..... 902-742-0085
..... Toll-free 1-877-742-0085
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

Nova Scotia League for Equal Opportunities 902-455-6942
..... Toll-free 1-866-696-7536
nsleo.com

reachability

..... Phone/TTY 902-429-5878
..... Toll-free/TTY 1-866-429-5878
reachability.org

Caregivers Nova Scotia

..... Toll-free 1-877-488-7390
Cape Breton 902-371-3883
Halifax 902-421-7390
Northern & Eastern Mainland 902-324-2273
Valley 902-680-8706
Western 902-521-5592
caregiversns.org

DisAbled Women's Network Canada Toll-free (Canada) 1-866-396-0074
dawnncanada.net

Additional Resources

Centre for Research & Education on Violence Against Women & Children

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

learningtoendabuse.ca

Government of Nova Scotia Anti-Bullying

antibullying.novascotia.ca

Legal Information Society of Nova Scotia

Provides information about the law in this province.

legalinfo.org

National Information Center on Health Services

Provides information on, and resources about, domestic violence.

www.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

Nova Scotia Advisory Council on the Status of Women

Provides information about the issue of domestic violence.

women.gov.ns.ca/freedom-from-violence

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

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/get-help/find-a-shelter

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