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 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

HealthLink 811
Hearing impaired 711
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, Bryony 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, Leeside 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.

Resource Contents

2SLGBTQQIA+ People 133

African Nova Scotian Women 134

Children's Services 135
- Child Care Information and Subsidies 135
- Child and Family Wellbeing Services 135

Counselling Services for Children 136

Counselling Services for Adults 136

Employment 137
- Employment Outreach Agencies 137

Employment Support and Income Assistance 137

Family Courts 138

Family Law Resources 138

Family Resources 139
- Antigonish and Pictou Counties 139
- Cape Breton 139
- Colchester and Cumberland Counties 139
- Digby, Yarmouth, and Shelburne Counties 139
- Guysborough County 140
- Halifax Regional Municipality 140
- Kings and Annapolis Counties 141
- Lunenburg and Queens Counties 142

Francophone Women 142

Government Programs and Services 143
- Federal Government 143
- Provincial Government 143

Health 143
- Addiction/Drug Dependency Services 143
- General Health Services 144

Housing 144
- Housing Services Offices 144

Immigrant Women 145

Legal 145
Legal Aid 145
Legal and Justice Support Services 146

Maintenance and Child Support 146

Men's Domestic Violence Intervention Programs 147
Amherst/Cumberland County. 147
Halifax 147
Sydney/Cape Breton Island 147
Truro/Colchester and East Hants counties 147
Pictou, Antigonish, Guysborough counties. 147

Mental Health Services 148

Mi'kmaq Women 149
Provincial 149
Halifax 149
Truro 149
Mi'kmaq Family Healing Centres 150

Policing 150

Online Bullying 150

Second Stage Housing 151

Senior Women 151

Sexual and Reproductive Health 151
Sexual Health Centres 152

Sexual Assault Centres 152

Support/Referral/Advocacy Organizations 153

Transition Houses 153

Victim Services 156

Women's Centres 156

Women with Disabilities 157

Additional Resources 158

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.

2SLGBTQQIA+ People

Egale Canada 416-964-7887
egale.ca

Halifax Pride
halifaxpride.com/nsresources

Nova Scotia Rainbow Action Project
nsrap.ca

PFLAG Canada Ltd
pflagcanada.ca

Pride Cape Breton
pridecb.com

Youth Project 902-429-5429
youthproject.ns.ca

African Nova Scotian Women

African United Baptist Women's Institute 902-434-8837
www.aubans.ca

Association of Black Social Workers 902-407-8809
nsabsw.ca

Coverdale Courtwork Services
Supporting women through the justice system.
Halifax 902-422-6417
coverdale.ca

Cumberland African Nova Scotian Association
Cumberland County 902-661-1509
www.facebook.com/p/Cumberland-African-Nova-Scotian-Association-CANSA-61554305182948

Elizabeth Fry Society
For women in conflict with the law.
Halifax 902-454-5041
efrymns.ca

Cape Breton 902-539-6165
efrycb.com/home.html

Preston and Area Family Resource Centre 902-462-7266
prestonareafamilyresource.ca

YWCA Halifax 902-423-6162
ywcahalifax.com

Children's Services

Nova Scotia Child Benefit . . . . . Toll-free: 1-877-424-1177
novascotia.ca/coms/families/ChildBenefit.html

Child Care Information and Subsidies

Child Care Directory
nsbr-online-services.novascotia.ca/DCSOnline/ECDS/loadSearchPage.action

Child Care Subsidy Program. 1-844-804-2084
childcarenovascotia.ca/families/child-care-subsidy

Child and Family Wellbeing Services

Child and Family Wellbeing Services, Department of Opportunities and Social Development

Call Opportunities and Social Development 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
Call 211 to find the regional office nearest you.
novascotia.ca/coms/department/contact/index.html

Mi'kmaw Family and Children Services
mfcs.ca
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
Dartmouth Office 902-758-3553
. . . . . 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

Kids Help Phone . . . . . .Toll-free: 1-800-668-6868
kidshelpphone.ca
Text "Connect" to 686868

Counselling Services for Adults

Family Service Association . . . . . Toll-free: 1-888-330-5952
www.familyservicens.ca/contact

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

Job Junction Employment and Career Resource Centre
Halifax 902-455-9675
jobjunction.ca/services

Team Work Cooperative 902-422-8900
www.teamworkcooperative.ca

Service Canada Centres (ESDC)
Employment Insurance (EI). . . . . Toll-free: 1-800-206-7218
CPP/Old Age Security . . . . . Toll-free: 1-800-277-9914
canada.ca/en/employment-social-development/corporate/portfolio/service-canada.html

Labour Standards 1-888-315-0110
novascotia.ca/lae/employmentrights

Employment Support and Income Assistance

Department of Opportunities and Social Development
Call 211 to find your regional office.
novascotia.ca/coms/department/contact/index.html

Family Courts

courts.ns.ca/Courthouse_Locations/Courthouse_Locations_Map.htm

Family Division

Yarmouth 902-742-0550

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
Shubenacadie 902-758-4546
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
Truro 902-893-4272

Family Law Resources

Family Law Nova Scotia

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

Summary Advice Counsel 1-877-420-6578

nsfamilylaw.ca/summary-advice-counsel
Free basic advice about family law. Available across the province.

Family Law Information Program (FLIP)

Halifax 902-424-5232
Sydney 902-563-5761
nsfamilylaw.ca/family-law-information-program-flip-centre

Legal Information Society of Nova Scotia 902-455-3135
. . . . . Toll-free: 1-800-665-9779
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
St. Mary's (Sherbrooke) 902-870-7437
kids1st.ca

Cape Breton

Special Needs and Moving On

Baddeck 1-800-840-5465
specialneedsproject.ca

Family Place Resource Centre

Inverness 902-258-3002
Sydney 902-562-5616
Port Hawkesbury / Richmond County 902-345-2250
Victoria County, North of Smokey 902-336-2208
Victoria County, South of Smokey 902-295-2956
familyplace.ca

Military Family Resource Centre

Sydney . . . . . .902-563-7100 ext. 7107
halifaxmfrc.ca

Colchester and Cumberland County

Maggie's Place

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

Digby, Yarmouth, and Shelburne Counties

South Shore Family Resource Centres

Digby County 902-245-2300
Lunenburg County 902-543-3119
Queens County 902-354-7176
Shelburne County 902 875 3256
southshorefamilyresource.org

Le Centre provincial de ressources prescolaires
Saulnierville 902-769-5850

Parent's Place
Yarmouth. 902-749-1718
yarmouthparentsplace.com

Guysborough County

Kids First Family Resource Centre
Guysborough 902-533-3881
kids1st.ca

Halifax Regional Municipality

Bayers Westwood Family Support Resource Centre
Halifax 902-454-9444
facebook.com/bwfrc

Chebucto Family Centre.. 902-479-3031
chebuctofamilycentre.ca

Eastern Shore Family Resource Association
Porters Lake 902-827-1461
. . . . . Toll-free: 1-866-847-1461
esfamily.org

Fairview Resource Centre 902-443-9569
frcns.com

Family SOS
Head office 902-455-5515
familysos.ca

Memory Lane Family Place. 902-864-6363
facebook.com/memorylanefamilyplace

Mi'kmaq Child Development Centre 902-422-7850
www.mymnfc.com/daycare

Military Family Resource Centre . . . . . Toll-free: 1-888-753-8827
CFB Halifax: 902-427-7788
CFB Shearwater. 902-720-1885
halifaxmfrc.ca

PACT: Parents and Children Together
Dartmouth 902-434-8952
pactfrc.com

Musquodoboit Valley Family Resource Centre 902-384-2794
www.facebook.com/MVFRC

North End Parent Resource Centre 902-492-0133
neprc.ca/about

The North Grove 902-464-8234
thenorthgrove.ca

Preston and Area Family Resource Centre 902-462-7266
prestonareafamilyresource.ca

Kings and Annapolis Counties

Kids Action Program
Canning 902-698-0269
kidsactionprogram.com

Greenwood Military Family Resource Centre. 902-765-5611
cfmws.ca/greenwood/military-family-services

Kings County Family Support Centre
Kentville. 902-678-5760
kcfrc.ca

Family Matters – Annapolis County Family Resource Centre
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
www.frcwesthants.ca

Lunenburg and Queens Counties

Better Together Family Resource Centre
Bridgewater 902-543-3119
southshorefamilyresource.org/include/lunenburg.htm

Queens Family Resource Centre
Liverpool 902-354-7176
southshorefamilyresource.org/include/queens.htm

Chester and Area Family Resource Centre 902-275-4347
chesterfamilycentre.ca

New Ross Family Resource Centre 902-689-2414
nrfrc.ca

Francophone Women

Fédération des femmes acadiennes de la Nouvelle-Écosse
Dartmouth 902-433-2088
ffane.ca

The Conseil de développement économique de la Nouvelle-Écosse (CDÉNÉ) 902-422-2752
. . . . . Toll-free: 1-866-554-3363
cdene.ns.ca/en/services/employment-assistance

Centre Accès Justice. 1-844-250-8471
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
www.novascotia.ca/government/service-nova-scotia

Nova Scotia Human Rights Commission 902-424-4111
. . . . . Toll-free: 1-877-269-7699
humanrights.novascotia.ca

Department of Labour, Skills & Immigration 902-424-5301
. . . . . Toll-free: 1-844-424-5301
www.novascotia.ca/government/labour-skills-and-immigration

Nova Scotia Ombudsman's Office 902-424-6780
. . . . . Toll-free: 1-800-670-1111
ombudsman.novascotia.ca

Health

Addiction/Drug Dependency Services

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

Mental Health and Addictions Support . . . . . Toll-free: 1-855-922-1122
iwkhealth.ca/mental-health-and-addictions-support

Provincial Addiction Services Offices
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

IWK Health Centre
Halifax 902-470-8888
. . . . . Toll-free: 1-888-470-5888
iwkhealth.ca

North End Community Health Centre
Halifax 902-420-0303
nechc.com

Public Health Services
Call 211 to connect find public health services nearest you.
www.nshealth.ca/public-health

Housing

Housing Programs and Services
novascotia.ca/housing-programs-and-resources

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

Housing Nova Scotia
Call 211 to find the Housing Nova Scotia office nearest you.
housing.novascotia.ca/housing-nova-scotia-offices
Halifax: Shelter Nova Scotia 902-406-3631
shelternovascotia.com

Nova Scotia Provincial Housing Agency
The Nova Scotia Provincial Housing Agency maintains, manages and operates public housing for low-income Nova Scotians. Also check at your local transition house about second stage housing. Call 211 to find your Regional Housing Authority.
nspha.ca

Immigrant Women

Citizenship and Immigration Canada . . . . . Toll-free: 1-888-242-2100
. . . . . TTY: 1-800-855-1155
canada.ca/en/services/immigration-citizenship.html

Halifax Refugee Clinic 902-422-6736
www.facebook.com/Halifax.Refugee.Clinic

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

Department of Labour, Skills and Immigration 902-424-5230
. . . . . Toll-free (NS): 1-877-292-9597
www.novascotia.ca/government/labour-skills-and-immigration

YMCA Immigrant Services 902-457-9622
ymcahfx.ca/yreach

Legal

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

Dalhousie Legal Aid
Can help with residential tenancy issues.
Halifax 902-423-8105
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

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

Elizabeth Fry Society of Cape Breton 902-539-6165
efrycb.com/home.html

John Howard Society 902-429-6429
jhsns.ca

Maintenance and Child Support

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

Maintenance Enforcement Program
Halifax Regional Municipality. 902-862-4275
Outside Halifax Regional Municipality 1-855-322-0934
InfoLine (24-hour access) . . . . . Toll-free: 1-855-322-0934
mep.novascotia.ca

Men's Domestic Violence Intervention Programs

Amherst/Cumberland County

New Directions 902-667-4500
www.autumnhouse.ca/services

Halifax

New Start Counselling 902-423-4675
newstartcounselling.ca

The Peoples' Counselling Clinic 902-832-1593
thepeoplescounsellingclinic.ca

Sydney/Cape Breton Island

Cornerstone 902-567-0979

Truro/Colchester and East Hants counties

Bridges 902-897-6665
www.bridgesinstitute.org

Pictou, Antigonish, Guysborough counties

Pictou County Opportunity for Men Association 902-396-2440
pcofma.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

Canadian Mental Health Association (CMHA)
NS Division . . . . . Toll-free: 1-877-466-6606
novascotia.cmha.ca

Healthy Minds Cooperative 902-404-3504
. . . . . Toll-free: 1-855-901-6463
healthyminds.ca

Schizophrenia Society of Nova Scotia (SSNS) 902-429-8167
. . . . . Toll-free: 1-888-429-8167
www.hope4mentalhealth.ca

CMHA 902-455-5445
cmhahaldart.ca

Adult Community Mental Health and Addictions Services
. . . . . Toll-free: 1-855-922-1122
mha.nshealth.ca/en/services/adult-community-mental-health-and-addictions-services

Laing House 902-425-9018
lainghouse.org

Well Woman Clinics
www.nshealth.ca/clinics-programs-and-services/well-woman-clinics

Mi'kmaq Women

Provincial

Mi'kmaw Legal Support Network . . . . . Toll-free: 1-877-379-2042
Dartmouth 902-468-0381
Eskasoni 902-379-2042
Kentville . . . . . Toll-free: 1-877-379-2042
Truro. 902-895-1141
mlsn.ca

Native Council of Nova Scotia . . . . . Toll-free: 1-800-565-4372
ncns.ca

Nova Scotia Native Women's Association 902-893-7402
nsnativewomen.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

Halifax

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

Truro

Native Social Counselling Agency . . . . . Toll-free: 1-800-565-4372
ncns.ca/native-social-counselling-agency

Welkaqnik Next Step Shelter 902-895-1738
. . . . . Toll-free: 1-800-565-4372
www.ncns.ca/program-services/welkaqnik-next-step-shelter

Mi'kmaq Family and Children's Services
Bear River 902-376-3553
.. . . . .Toll-free: 1-800-263-8686
Dartmouth. 902-758-3553
. . . . . Toll-Free: 1-800-263-8686
Eskasoni 902-379-2433
. . . . . Toll-free: 1-800-263-8300
Sipekne'katik. 902-758-3553
. . . . . Toll-free: 1-800-263-8686
mfcs.ca

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
thans.ca/mikmaw-family-healing-centre

Policing

Police and RCMP – Emergency 911

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

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

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

Halifax: Alice House 902-466-8459
alicehouse.ca

New Glasgow: Brenda's Place, Tearmann House
Follow-Up Counsellor / Brenda Place Coordinator: . . . 902-755-3123
or 902-753-0077

Sydney: Willow House, Cape Breton Transition House
Crisis line. 902-539-2945
. . . . . Toll-free: 1-800-563-2945
www.cbtha.com/services

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

Senior Women

Nova Scotia Senior Safety Programs
Call 211 for senior safety programs near you.
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
iwkhealth.ca/index%2ephp/gynecology

Well Woman Clinic
Call 211 to find a Well Woman's Clinic near you.
www.nshealth.ca/clinics-programs-and-services/well-woman-clinics

Sexual Health Centres

Call 211 to find a sexual health centre near you.

Sexual Heath Nova Scotia
shns.ca

Amherst: Sexual Health Centre for Cumberland County . . 902-667-7500
sexualhealthmatters.ca

Bridgewater: Sexual Health Centre
Lunenburg County 902-527-2868
southshoresexualhealth.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/PCSHCentre

Sheet Harbour: Seahorse Sexual Health 902-391-3693
seahorsesexualhealth.ca

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 Association 902-863-6221
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

Halifax: YWCA 902-423-6162
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
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

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
Child & Youth Outreach & Counselling Services 902-514-6701
harbour-house.ca

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

Halifax: Adsum House (For homeless women and children)
. 902-423-4443
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
bryonyhouse.ca

Kentville: Chrysalis House (Wheelchair ramp, bathroom accessible)
Crisis line. **902-679-1922**
. . . . . Toll-free: 1-800-264-8682
Office 902-679-6544
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

Millbrook: Mi'kmaw Family Healing Centre
(Wheelchair ramp, main floor accessible)
24 Hour Help Line **902-893-8483**
. . . . . Toll-free: 1-800-565-4741
thans.ca/millbrook-family-healing-centre

Port Hawkesbury: Leeside Transition House (Wheelchair accessible)
Crisis line. **902-625-2444**
. . . . . Toll-free: 1-800-565-3390
Office/Outreach: 902-625-1990
www.leesidesociety.ca

Shelburne: Juniper House Outreach
Crisis line. **902-742-8689**
. . . . . Toll-free: 1-800-266-4087
Outreach 902-749-7170
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

Truro: Third Place
(Wheelchair ramp, one room, partial bath, and common areas accessible)
Crisis line 902-893-3232
. . . . . Toll-free: 1-800-565-4878
Family support worker 902-893-4844
. 902-893-3232
Outreach 902-895-9740
thirdplaceth.ca

We'koqma'q: Mi'kmaw Family Healing Centre
(Wheelchair ramp, main floor accessible)
Office 902-756-3440
. . . . . Toll-free: 1-800-565-3440

Yarmouth: Juniper House Outreach
Crisis line 902-742-8689
. . . . . Toll-free: 1-800-266-4087
Office 902-742-4473
Outreach 902-740-0645
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

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

Amherst: Lilac Place 902-664-1272
lilacplace.ca

Annapolis: The Women's Place Resource Centre. 902-363-2030
womensplace.ca

Antigonish: Antigonish Women's Resource Centre & Sexual Assault Services Association 902-863-6221
awrcsasa.ca

Digby: Tri-County Women's Centre
Outreach 902-245-6866
tricountywomenscentre.org

Lunenburg: Second Story Women's Centre 902-640-3044
secondstory.ca

New Glasgow: Pictou County Women's Resource & Sexual Assault Centre 902-755-4647
womenscentre.ca

Port Hawkesbury: Strait Area Women's Place 902-625-1614
www.leesidesociety.ca/strait-area-womens-place

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

Shelburne: Tri-County Women's Centre
Outreach 902-875-4777
tricountywomenscentre.org

Sydney: Every Woman's Centre 902-567-1212
everywomanscentre.com

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

Yarmouth: Tri-County Women's Centre 902-742-0085
Toll-free: 1-877-742-0085
tricountywomenscentre.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 .Phone/TTY: 902-455-6942
. . . . . Toll-free: 1-866-696-7536
nsleo.com

reachAbility Association 902-429-5878
reachability.org

Caregivers Nova Scotia . . . . . Toll-free: 1-877-488-7390
caregiversns.org

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

Additional Resources

Centre for Research & Education on Violence Against Women & Children

Information, research, online training, and resources about domestic violence. learningtoendabuse.ca

Ending Sexual Violence Association of Canada

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

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. 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 Status of Women Office

Provides information about the issue of domestic violence. women.novascotia.ca/our-work/gender-based-violence

Nova Scotia Domestic Violence Resources

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

Public Health Agency of Canada

Information about family violence, tips for staying safe, and ways you can provide support. Information 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