

WHERE TO GO FOR HELP IN HRM: A RESOURCE GUIDE FOR WOMEN

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WELCOME

This resource guide is to help you navigate programs and services in the HRM and other regions of Nova Scotia

QUESTIONS TO ASK

These programs and services are often staffed by volunteers and supplied by donations. Although they may not have what you are seeking, they might be able to point you in the right direction. Before you leave or hang up, try to remember their name, always thank them for their time. This way, they will be more willing to help you going forward.

Examples of questions to ask:

1. I have a problem with _____, can you help me?
2. What services do you offer that can help me get settled? (i.e. furniture, clothing)?
3. Do you have anything for children and/or babies (i.e. diapers)?
4. Do you have any programs that can help me with bills/finding childcare/paying rent?
5. Do you know of any special programs that I could be eligible for to help me with _____?
6. Do you know of any good, low-budget options in the area for food/shopping/etc.?

For classes and/or support groups that require attendance:

1. Do the programs offer on-site childcare while I participate?
2. Do I qualify for support with transportation (i.e. bus tickets)?

If they do not have what you are looking for:

1. Do you know of somewhere else that might have what I need?
2. Do you know of someone else I can talk to who might be able to help?

GENERAL PHONE LINES

Emergency	Dial: 911
Police (non-emergency)	Dial: (902) 490-5020
Gov't 24 hr health question-line	Dial: 811
211 Halifax information about local services	Dial: 211
Canadian Association of Elizabeth Fry Societies	Dial: 1-844-379-7624
Legal Information Society of Nova Scotia	Dial: (902) 455-3135 or 1-800-665-9779
MSI (Health Card)	Dial: (902) 496-7005 Dial: 1-800-563-8880

CRISIS LINES

Avalon sexual assault crisis line	Dial: (902) 425-0122
Mental Health Mobile Crisis Line	Dial: 1-888-429-8167 Dial: 902-429-8167
Emergency	Dial: 911
Bryony House abuse- related 24-hour crisis line	Dial: (902) 422-7650
HRM Duty Counsel (immediate legal help)	Dial: (902) 420-7800

FREE ID

The ID Clinic	can assist clients with completing any necessary forms, covers applicable costs and travel expenses associated with obtaining government issued identification. Free: <ul style="list-style-type: none"> - Photo IDs - Birth Certificates - Social Insurance Cards - MSI Health Cards - Permanent Residence Cards - Native Status 	By Appointment Only! E-mail: theidclinic@gmail.com Dial: 902-292-4587
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COMMUNITY CENTRES AND CHILD CARE – free unless specified otherwise

YWCA	<ul style="list-style-type: none"> - housing support - help accessing resources - child care support 	Dial: 902-423-6162 Address: Halifax: 1239 Barrington St Spryfield: 358 Herring Cove Road
Chebucto Family Centre (Spryfield)	<ul style="list-style-type: none"> - child care (during programs) - parenting + personal development workshops - fitness + recreation classes - help accessing resources - faxing + photocopying - home + clothing supplies 	Dial: (902) 479-3031 Address: 3 Sylvia Avenue

	<ul style="list-style-type: none"> - help with transportation - H.O.P.E trauma program - Volunteer Doula Program - pre-natal classes - Trading Cupboard: barter system for items 	
Mi'kmaq Native Friendship Centre	<ul style="list-style-type: none"> - assistance with obtaining employment - assistance with continuing, obtaining education - housing support - child development programs - help coping with addictions - mental health support - victim-support program - 7 Sparks program to support reintegration of ex-offenders 	<p><u>Dial:</u> (902) 420-1576 <u>Address:</u> 2158 Gottingen St.</p>
Memory Lane (Sackville)	<ul style="list-style-type: none"> - child health and development programs - day care (free if qualify for subsidy) - child programing and adult programing to educate about family health 	<p><u>Dial:</u> (902) 864- 6363 <u>Address:</u> 22 Memory Lane</p>
Bayers Westwood (Fairview)	<ul style="list-style-type: none"> - parenting support - pre-school education - barter system for clothing and household items - skills training (i.e. sewing, cooking, budgeting) - youth group with weekly events - community garden 	<p><u>Dial:</u> (902) 454-9444 <u>Address:</u> 3499 McAlpine Avenue</p>
Dartmouth Family Centre (Dartmouth)	<ul style="list-style-type: none"> - pre and post-natal support - childhood development programs - parenting workshops - community drop in <ul style="list-style-type: none"> o open to community every morning 9am-12:00 noon and every afternoon (except Thursday) from 1- 4pm. o space to socialize o information, parenting support o toys, books for children o snacks o daily free bread from FEED NS. o access to telephone and newspaper - community trade cupboard: exchange items (ex. children's toys, personal care items, baby care items) 	<p><u>Dial:</u> 902-464-8234 <u>Address:</u> 107 Albro Lake rd.</p>
Family SOS- After school program	<ul style="list-style-type: none"> - after-school programing - focusses on physical and mental health of children 	<p><u>Dial:</u> (902) 455-5515 <u>Address:</u> 2006 Gottigen St. http://www.familysos.ca/programs/youth/</p>
Progress Centre- for Children with Special Needs	<ul style="list-style-type: none"> - no referral needed - workshops and information sessions - library books about living with a child with special needs - parent support groups 	<p><u>Dial:</u> (902) 423-2686 <u>Address:</u> 530 Novalea Drive http://www.progresscentre.com</p>

FOOD BANKS / SOUP KITCHENS/ CLOTHING/ FURNITURE—free unless specified otherwise

Feed Nova Scotia Helpline	will connect you with closest food bank	<u>Dial:</u> 1-877-521-1188 feednovascotia.ca
Brunswick St. Foodbank	<u>Free Meal:</u> Mon– Sat: 7- 9 am <u>Food Bank</u> Wednesday for food pick up Thursday (arrive by 9:30 am) *must pre-register <u>Clothing:</u> Mon and Wed: 9am- 2pm (closed 11:30 am- 12:30pm for lunch)	<u>Dial:</u> (902) 422-1598 <u>Dial:</u> (902) 423-4605 to register for foodbank <u>Address:</u> 2107 Brunswick St
Parker St. Food and Furniture Bank	<u>Food Bank:</u> - Mon, Wed, Fri fill food orders from 8:30-11:00 am - register at 8am. bring government ID, photo ID, proof of address <u>Furniture:</u> free of charge if need is proven, delivery charge may apply.	<u>Dial:</u> (902) 425-2125 <u>Address:</u> 2415 Maynard St
St. Mark's Foodbank	<u>Food Bank:</u> Tues 9:00-11am	<u>Dial:</u> (902) 454-0207 <u>Address:</u> 5522 Russell St.
Christ Church	<u>Food Bank:</u> Fri 9:30-11:30 am	<u>Dial:</u> (902) 466-4270 <u>Address:</u> 61 Dundas St
Salvation Army (Halifax)	<u>Free Meal:</u> Mon+ Fri 9am-12 noon <u>Free Clothing</u>	<u>Dial:</u> (902) 422-1598 <u>Address:</u> 2038 Gottigen St.
Salvation Army (Dartmouth)	<u>Free Meal:</u> Mon: 1:30-3pm Thurs: 9:30-11am, 12:30-3pm	<u>Dial:</u> (902) 466-6847 <u>Address:</u> 171 Pleasant St.
St. Matthew's United Church	<u>Free Meal:</u> Sunday 9-10am	<u>Dial:</u> (902) 423-9209 <u>Address:</u> 1479 Barrington St.
Daily Bread Outreach	<u>Free Meal:</u> Mon- Fri 1:30- 3:30pm	<u>Dial:</u> (902) 423-7574 <u>Address:</u> 1531 Grafton St.
David's Place Drop-In	<u>Free Meal:</u> Mon-Fri 10am- 1pm	<u>Dial:</u> (902) 423-1944 <u>Address:</u> St. David's Church Hall, 1537 Brunswick St.
Hope Cottage	<u>Free Meal:</u> Mon-Fri: 10-11 am, 5-6pm	<u>Dial:</u> (902) 429-7968 <u>Address:</u> 2435 Brunswick St. www.hopecottage.ca
Souls Harbour RESCUE Mission	<u>Free Meal:</u> Mon-Fri: 1-4pm	<u>Dial:</u> (902) 405-4663 <u>Address:</u> 5568 Cunard St www.shrm.ca
St. George's Church	<u>Free Meal:</u> Sat 4-5pm	<u>Dial:</u> (902) 423-1059 <u>Address:</u> 2222 Brunswick St
7th Day Adventist Community Services Centre	<u>Free Meal:</u> Mon 1-2 pm, Weds 1-4pm, Fri 9-12 pm	<u>Dial:</u> (902)-423-3021 <u>Address:</u> 2063 Parker St.
Feeding Others of Dartmouth (Dartmouth)	<u>Free Meal:</u> Mon-Sun 12-12:30 pm Mon, Tues, Weds: 4:30-5pm	<u>Dial:</u> (902) 464-2919 <u>Address:</u> 43 Wentworth St.

RESOURCES FOR YOUTH (UPPER AGE LIMITS VARY FROM 19-30) – free unless specified otherwise

Phoenix Youth Counselling	- individual/family therapy for students ages 12-19 and youth taking part in other Phoenix programs, up to age 24 - by appointment only	<u>Dial:</u> (902) 444-3400 <u>Address:</u> 5547 Young St.
Phoenix Youth Shelter	temporary housing for male and female youth up to age 24	<u>Dial:</u> (902) 446-4663 <u>Address:</u> 1094 Tower Road
Phoenix House	- long term living for male and female youth - focus on development of independent living skills - age limit of 24	<u>Dial:</u> (902) 422-5583 <u>Address:</u> 2385 Hunter St.
Phoenix Supervised Apartment Program	- long term apartment living with live-in support worker - for males and females up to age 24	<u>Dial:</u> (902) 431-9678 <u>Address:</u> 2385 Hunter St., Halifax
Phoenix Youth Drop-in Centre	- housing support, - advocacy, - crisis intervention, - counseling, - parenting support, - referral to community and internal resources, - health services, - financial support, - food, clothing, shower and laundry facilities, - computer and phone access - hours of operation: ○ Mon, Wed, Thurs: 9:30am-1pm, 2pm-5pm ○ Tues – 2-5pm ○ Fri – 2-4:45pm	<u>Dial:</u> (902) 405-3249 or 1-866-620-0676 <u>Address:</u> 6035 Coburg Road
Kid's Help Phone	- age 20 and under - call if dealing with <i>any</i> issue: ranging from mental health challenges, feeling lonely, bullying, etc.	<u>Dial:</u> 1-800-668-6868
Laing House (referral needed)	- for youth living with mental illness age 30 and under - drop-in centre with daily activities and range of supportive programming	<u>Dial:</u> 902-423-7744 <u>Address:</u> 1225 Barrington St.

MENTAL, SEXUAL AND PHYSICAL HEALTH – free unless specified otherwise

Emergency Assessment, QEII hospital	- emergency health services, including mental health assessment	<u>Dial:</u> 902-473-2043 <u>Address:</u> 1799 Robie St.
North End Community Health Centre	- chronic disease management programs (ex. for diabetes, obesity, arthritis) - information and community groups focussing on healthy living on a budget - pre and post-natal education - mental health worker on site - helps navigate community resources - Mon- Fri: 9am to 12pm / 1pm to 5pm, Call for appointment. <ul style="list-style-type: none"> ○ EVENING HOURS (Monday to Thursday): urgent care 6- 8pm (registered patients only. No appointment necessary) ○ AFTER HOURS (24/7): registered patients only. For urgent care that cannot wait 	<u>Dial:</u> (902) 420-0303 <u>Address:</u> 2165 Gottigen St.
Mobile Outreach (MOSH)	Accessible primary health care services for homeless, insecurely housed, street involved and people underserved by health care, such as: <ul style="list-style-type: none"> - blood work - PAP testing - HIV testing and STI testing - Hepatitis C testing - general checkups - vaccinations - disease management - help getting a health card - Help with issues relating to daily functioning such as mobility, community living and/or participation, - health management - personal empowerment through skill building	<u>Dial:</u> (902) 429-5290 <u>Address:</u> 2101 Gottingen St. www.moshhalifax.ca
Ark Outreach Foot Care	Sunday foot care	<u>Dial:</u> (902) 492-2577 <u>Address:</u> 2151 Gottigen St. www.arkoutreach.com
24-Hour Health question-line: (Gov't service)	health information and advice	<u>Dial:</u> 811
NS Health Authority: Community Based Addictions Programs	- discussion-based recovery groups. - Mon- Fri: 8:30 am -4:30 pm, some evening groups.	<u>Dial to register:</u> 1-866-340-6700 <u>locations in:</u> <ul style="list-style-type: none"> - Bayers Road - Dartmouth - Cole Harbour - Halifax

		<ul style="list-style-type: none"> - Middle Musquodoboit - Musquodoboit Harbour - Sackville - Sheet Harbour - Spryfield - Windsor
Narcotics Anonymous (NA)	community support groups for those coping with drug addiction	<u>Dial:</u> (902)454-2913 (<i>Meeting Information</i>) (902)789-8323 (<i>Help line</i>)
Alcoholics Anonymous (AA)	community support groups for those coping with alcohol addiction	<u>Dial:</u> (902) 461-1119
Direction 180 Methadone Clinic	methadone clinic	<u>Dial:</u> (902) 420-0566 <u>Address:</u> 2164 Gottigen St.
Mainline Needle Exchange	<ul style="list-style-type: none"> - needles, syringes, sterile water, cookers, matches, filters, ties, condoms, safer use kits, safe disposal of used needles. - awareness and education related to harm reduction, particularly safer injection and safer practices. - peer support, including assistance with exploring and accessing detox, treatment, methadone. - assistance in locating and navigating resources for legal, social services, employment and housing issues 	<u>Dial:</u> (902) 830-3853 or 1-877-904-4555 <u>Address:</u> 5511 Cornwallis St.
Matrix Women's Services (Dartmouth)	women-centred services provided for and by women who are/have been harmfully involved with drugs, alcohol, and/or gambling, such as <ul style="list-style-type: none"> - counselling and community groups, - relapse prevention, - support for families 	<u>Dial:</u> (902) 424-5623 <u>Address:</u> Purdy Building, NS Hospital, 300 Pleasant St Rm 187
Schizophrenia Society of NS (Dartmouth)	supportive programing for those living with schizophrenia and their families	<u>Dial:</u> (902) 465-2601 <u>Address:</u> 300 Pleasant St, rm B-23
Emergency mental health Assessment, NS Hospital (Dartmouth)	emergency mental health assessment	<u>Dial:</u> (902) 464-3114 <u>Address:</u> 300 Pleasant St.
Mental Health Mobile Crisis Team	phone for help/ intervention if experiencing mental health crisis.	<u>Dial:</u> 1-888-429-8167 or 902-429-8167
Elizabeth Fry (of mainland NS)	self-empowerment programs about <ul style="list-style-type: none"> - Anger Management, - Healthy Relationships, - Personal Boundaries, - Relapse Prevention - shop-lifting Program. 	<u>Dial:</u> (902) 454-5041 <u>Address:</u> 1 Tulip St., Dartmouth
AIDS Coalition of NS	- support and programing for those living with HIV/ AIDS	<u>Dial:</u> (902) 425-4882 or (902) 429-7922

	- information and support for those concerned about contracting HIV/AIDS	<u>Address:</u> 5516 Spring Garden Rd, Suite 200
Bryony House 24 hour women's crisis line	emergency support for women experiencing abuse	<u>Dial:</u> (902) 422-7650
Sexual Health Centre (free with a Health Card)	- STI testing, treatment - birth control/contraception - morning-after pills - HPV vaccine - pap tests/pelvic & breast exams - pregnancy testing - pregnancy options counselling - pre-natal care referrals - abortion counselling and referrals - adoption referrals - free condoms & lube - anonymous HIV testing - sexuality counselling	<u>Dial:</u> (902) 455-9656 <u>Address:</u> 6009 Quinpool rd.
Avalon Sexual Assault Centre	- for women and trans individuals who have experienced/ are experiencing sexual abuse/ assault - individual counselling in relation to sexual abuse/assault - general information, preparation, and emotional support in regards to police processes, justice system processes, the S.A.N.E. program, and other community resources; - accompaniment and support to court, police, and other appointments related to sexual assault/abuse when possible. - SANE program (info provided below)	<u>Dial:</u> (902) 422-4240 <u>Address:</u> 1526 Dresden Row, 4 th floor http://Www.Avaloncentre.Ca
Avalon SANE Response Line	- telephone response line for immediate sexual assault information and support - available 24 hours a day, 7 days a week. - serves people who experienced a sexual assault in the past 5 days (120 hours). - response provides <ul style="list-style-type: none"> o medical examination and forensic evidence collection in emergency departments of IWK Health Centre, QEII Health Sciences Centre, Dartmouth General Hospital and Cobequid Community Health Centre. o programs and counselling o Supportive follow-up for victims 	<u>Dial:</u> (902) 425-0122
The Stepping Stone Association-Drop in	- for current and former sex workers - open Mon-Fri 9:30 am- 1:00 pm.	<u>Dial:</u> (902) 420-0103

<p>centre (for current and former sex workers)</p>	<p>- provides:</p> <ul style="list-style-type: none"> ○ food (coffee, snacks, food delivered daily, monthly food order) ○ access to telephone+ computer, shower, towels, hygiene products ○ clothing closet ○ peer support and crisis intervention ○ addiction referrals ○ court support and housing support ○ help building resumes, finding jobs and obtaining education referrals ○ monthly programming 	<p><u>Address:</u> 2224 Maitland St www.steppingstones.ca</p>
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LEGAL SUPPORT—free unless specified otherwise

<p>Canadian Association of Elizabeth Fry Societies</p>	<p>acts as an advocate for women and girls in the justice system, dealing with the following issues as they relate to the justice system (<i>not</i> limited to):</p> <ul style="list-style-type: none"> - human rights - literacy - mental health - racism - deaths in custody - battered women - mothering in prison 	<p><u>Dial:</u> 1-844-379-7624</p>
<p>Family Law Information Program NS</p>	<p>information about dealing with family law processes and services.</p>	<p><u>Dial:</u> (902) 424-5232 www.nsfamilylaw.ca</p>
<p>NS Legal Aid</p>	<p>legal services for economically vulnerable Nova Scotians.</p>	<ul style="list-style-type: none"> - Dartmouth: Criminal law: <ul style="list-style-type: none"> ○ <u>Dial:</u> (902) 420-8815 or 1-877-420-8818 ○ <u>Address:</u> 300-99 Wyse Road. - Dartmouth Family law <ul style="list-style-type: none"> ○ <u>Dial:</u> (902) 420-7921 or 1-855-420-7921: ○ <u>Address:</u> 1210-99 Wyse Road - Halifax Adult Criminal law: <ul style="list-style-type: none"> ○ <u>Dial:</u> (902) 420-6583 or 1-877-777-6583 ○ <u>Address:</u> 400-5475 Spring Garden Road - Halifax family law: <ul style="list-style-type: none"> ○ <u>Dial:</u> (902) 420-3450 or 1-866-420-3450 ○ <u>Address:</u> 2830 Agricola St. - HRM Duty Counsel: <ul style="list-style-type: none"> ○ <u>Dial:</u> (902) 420-7800 ○ <u>Address:</u> 402-5475 Spring Garden Road. - HRM Youth NS Legal Aid: <ul style="list-style-type: none"> ○ <u>Dial:</u> (902) 420-6569 ○ <u>Address:</u> 401-5475 Spring Garden Road: <p>Youth Legal Aid services includes social justice assistance for anyone between ages of 12-17</p>

Dalhousie Legal Aid	legal services for economically vulnerable Nova Scotians in the following areas: <ul style="list-style-type: none"> - family law - youth criminal law - tenancy and housing rights - disputes with NS Power - Debt problems 	<u>Dial:</u> (902) 423-8105 <u>Address:</u> 2209 Gottigen St.
Summary Advice Counsel (SAC Lawyer)	- assistance for people who do not have a lawyer and need legal advice on a family law matter regardless of income. - basic information about legal terms, how to start or respond to a court application, court processes, legal documents, other aspects of family law. - advice on child custody and access, child and spousal support, property division, divorce, and most other family law matters and court processes.	<u>Dial:</u> 902-424-5616
Mi'kmaq Legal Support Network (Dartmouth)	- legal support for Aboriginal people in NS in criminal law - victim support services	<u>Dial:</u> (902) 468-0381 <u>Address:</u> 15 Alderney Drive, Suite 3 www.mlsn.ca
Coverdale Courtwork Society	- emotional and informational support for women going through the court process - educational programs promoting self-knowledge and empowerment	<u>Dial:</u> (902) 422-6417 <u>Address:</u> 2346 Hunter St.
Halifax Refugee Clinic	legal services for refugee claimants and refugees in regard to their claim.	<u>Dial:</u> (902) 422-6736 <u>Address:</u> 5538 Macara St.
Immigrant Services of NS	refers immigrants to the appropriate legal services in NS	<u>Dial:</u> (902) 423-3607 or 1-866-431-6472 <u>Address:</u> 6960 Mumford Road, Suite 2120 (2nd floor)
Legal Information Society of Nova Scotia	- legal information (not advice), - can refer to community resources, including referrals to lawyers - Mon-Fri 9:30am-4:30 pm (closed 1-2pm)	<u>Dial:</u> (902) 455-3135 or 1-800-665-9779

HOUSING INFORMATION – free unless specified otherwise

Housing Services	provides people with yearly income of 20,000 or less with small grants or loans to help them obtain affordable housing.	<u>Dial:</u> 1-800-774-5130 <u>Address:</u> 3770 Kempt Road, Suite 3
Tawaak Housing (Aboriginal Housing Support)	- operates and delivers socially assisted rental housing - provide suitable, adequate and affordable housing to	<u>Dial:</u> (902) 455-2900 <u>Address:</u> 6175 Lady Hammond Road www.tawaakhousing.org

	Aboriginal peoples of low to moderate income	
Housing Support Centre	<ul style="list-style-type: none"> - assistance finding affordable housing. - access to information such as housing vacancies, obituaries, community resources and events - assistance keeping housing (can help maintain, clean and organize apartment) - assistance maintaining health and well-being. 	<u>Dial:</u> <ul style="list-style-type: none"> - (902) 466-8714 - (902) 423-3829 (<i>eviction-prevention help</i>) <u>Address:</u> 2330 Gottigen St. www.metrononprohithousing.ca

SHELTERS/ PLACES TO STAY (in HRM and beyond) —free unless specified otherwise

Adsum House	short-term and long-term housing for women, children and transgendered individuals	<u>Dial:</u> (902) 423-4443 <u>Address:</u> 2421 Brunswick St, Halifax www.adsumforwomen.org
Alice House (Dartmouth)	affordable housing for women for up to 2 years	<u>Dial:</u> (902) 466-8459 http://alicehousing.ca
Barry House	Short- term shelter for women and children	<u>Dial:</u> (902) 422-8324 <u>Address:</u> 2706 Gottingen St. www.shelternovascotia.com
Marguerite Centre (Addiction Recovery- Women)	long-term housing for women recovering from addiction	<u>Dial:</u> (902) 876-0006 <u>Address:</u> 3178 St Margaret's Bay Rd
Nehiley House	halfway house for women released from prison	<u>Dial:</u> (902) 454-5532 <u>Address:</u> 3170 Romans Ave
Tearman House (New Glasgow)	short-term housing and counselling for women and children who are dealing with and trying to escape abuse	<u>Dial:</u> <ul style="list-style-type: none"> - <i>24 Hour Help Line:</i> (902) 752-0132 or 1-888-831-0330 - <i>Shelter phone:</i> (902) 752-1633
Bryony House (Halifax)	short-term housing and counselling services For women and children dealing with and trying to escape abuse	<u>Dial:</u> <ul style="list-style-type: none"> - <i>shelter</i> (902) 423-7183 - <i>24 Hour Help Line:</i> (902) 422-7650 <u>Address:</u> 3358 Connaught Avenue www.bryonyhouse.ca
Juniper House (Yarmouth and Shelburne)	short-term housing and counselling for women and children who are dealing with and trying to escape abuse	<u>Dial:</u> <ul style="list-style-type: none"> - <i>24 Hour Help Line:</i> (902) 742-8689 or 1-800-266-4087 - <i>shelter administration:</i> (902) 742-4473 - <i>Outreach:</i> (902) 742-0231
Harbour House (Bridgewater)	short-term housing and counselling for women and children who are dealing with and trying to escape abuse	<u>Dial:</u> <ul style="list-style-type: none"> - <i>24 Hour Help Line:</i> (902) 543-3999 or 1-888-543-3999 - <i>shelter administration:</i> (902) 543-3665 - <i>Outreach:</i> (902) 543-9970
Naomi Society (Antigonish)	short-term housing and counselling for women and children who are	<u>Dial:</u> (902) 863-3807

	dealing with and trying to escape abuse	
Autumn House (Amherst)	short-term housing and counselling for women and children who are dealing with and trying to escape abuse	<u>Dial:</u> - 24 Hour Help Line: (902) 667-1200 - shelter: (902) 667-1344
Chrysalis House (Kentville)	short-term housing and counselling for women and children who are dealing with and trying to escape abuse	<u>Dial:</u> - 24 Hour Help Line: (902) 679-1922 or 1-800-264-8682 - Outreach phone: (902) 679-1155
Leeside House (Port Hawksberry)	short-term housing and counselling for women and children who are dealing with and trying to escape abuse	<u>Dial:</u> - 24 Hour Help Line: (902) 625-2444 - Outreach phone: 625-1990
Third Place (Truro)	short-term housing and counselling for women and children who are dealing with and trying to escape abuse	<u>Dial:</u> - 24 Hour Help Line: (902) 893-3232 or 1-800-565-4878 - shelter Administration: (902) 893-4844 - Outreach: (902) 893-4844
Cape Breton Transition House (Sydney)	short-term housing and counselling for women and children who are dealing with and trying to escape abuse	<u>Dial:</u> (902) 562-3045
Out of the Cold Shelter	- emergency winter shelter for women and men - open from December 1-April 30	<u>Dial:</u> (902) 580 1479. <u>Address:</u> St. Matthews Church 1479 Barrington St.
Phoenix House (youth shelter)	emergency shelter for youth, women and men aged 16-24	<u>Dial:</u> 1-878-5088 or (902) 446-4663 <u>Address:</u> 1094 Tower Rd
WYCA WISH program and SHYM program	- for women 19 and older - affordable housing and assistance maintaining housing - extra housing support for single mothers	<u>Dial:</u> (902) 423.6162 x1227 (902) 465-2212 (for single mother program)
Elizabeth Fry Society of Cape Breton Satellite Apartments (Cape Breton)	- housing for women 18years and older - takes women from Correctional Service of Canada and provincial courts (remands) who were sentenced provincially or federally on conditional release who are willing to follow program of Satellite Apartment - goal of reintegration into community	<u>Dial:</u> (902) 562-8271 <u>Address:</u> 16C Lavatte Cres, Sydney

FINANCIAL ASSISTANCE – free unless specified otherwise

Income Assistance General Inquiries (Gov't service)	general inquiries about income assistance	<u>Dial:</u> - Halifax: (902) 424-4150 - Dartmouth: (902) 424-1600
Tax Return Help	- Mon-Fri 9am-2pm - bring T4, T5 forms if possible	<u>Dial:</u> (902) 423-4605 <u>Address:</u> 107 Brunswick St.

		www.brunswickst.mission.org
Budgeting classes	- Bayers Westwood free skills training	<u>Dial:</u> (902) 454-9444 <u>Address:</u> 3499 McAlpine Avenue,

FINDING WORK – free unless specified otherwise

Job Junction	<ul style="list-style-type: none"> - professional development workshops: help with <ul style="list-style-type: none"> o resumes o cover letters o interview skills o computer skills o social networking skills - information on available jobs, job fairs - professional clothing and haircuts (event, specific dates) - special workshops for those over 45 years of age returning to work - free individual case management, skills assessment and help finding job 	<u>Dial:</u> (902) 455-9675 <u>Address:</u> 6960 Mumford Road www.jobjunction.ca
Employment Support Services (Gov't service)	call for general inquiries	<u>Dial:</u> - Halifax: (902) 424-1980 - Dartmouth: (902) 424-6200
Lake City Employment (for people diagnosed with mental health issues) (Dartmouth)	<ul style="list-style-type: none"> - help with identifying what you want to do and can do. - access and support education and training. - create resumes and cover letters, and prepare for interviews - provide job search support and help with locating and contacting employers. - set up volunteer and training placements. - provide follow along support to maintain your employment. - connect you to community agencies that can provide additional services and supports. 	<u>Dial:</u> (902) 465-5000 <u>Address:</u> 386 Windmill Road
Opportunity Place Career Resource Centre	<ul style="list-style-type: none"> - workshops for improving work skills - one on one assessment of good career fit - assistance finding a job 	<u>Dial:</u> (902) 864-7520 <u>Address:</u> 108 Cobequid Rd Suite 100

Interview and Resume Preparation (Brunswick St. Mission)	Tues and Thurs 9am-2pm	<u>Dial:</u> (902) 423-4605 <u>Address:</u> 107 Brunswick St. www.brunswickst.mission.org
Dress for success	- interview/ professional clothing - help finding and retaining a job - help coping with issues at work	<u>Dial:</u> (902) 493-7377 <u>Address:</u> 2016 Gottingen St. www.halifax.dressforsuccess.org

SUPPORTIVE PEOPLE IN THE COMMUNITY

Sisters of Charity –Sister Joan O’Keefe	can supportively direct to community resources	<u>Dial:</u> 1-844-406-8114 <u>Address:</u> 215 Seton Road
Halifax Community Chaplain Society - Reverend Rob Elford	call for general support, referral to other community resources	<u>Dial:</u> (902) 292-7995 <u>Email:</u> halifaxcommunitychaplain@gmail.com