



YOUTH
ADVOCATE
PROGRAM

HALIFAX REGIONAL MUNICIPALITY

YOUTH ADVOCATE PROGRAM COMMUNITY RESOURCE GUIDE

This guide was designed to help inform residents of the many community resources available within the municipality.

HALIFAX

ADDICTION TREATMENT SERVICES

SMOKERS' HELP LINE

1.877.513.5333

A free, confidential service operated by the Canadian Cancer Society offering support and information about quitting smoking, vaping and tobacco use.

MAINLINE NEEDLE EXCHANGE

902.423.9991

5367 COGSWELL ST

A health promotion organization through the Mi'kmaw Native Friendship Centre, dedicated to supporting people who use drugs through harm reduction programs.

DIRECTION 180

902.420.0566

2151 GOTTINGEN ST

A program of the Mi'kmaw Native Friendship Centre, is a non-profit community-based opioid treatment program located in the North End.

IWK CHOICES

902.464.4110

The program offers variety of treatment services for adolescents aged 13 to 19 years old, who are harmfully involved with substances, gambling and/or who have a concurrent disorder, which means a substance use problem and a mental health disorder at the same time.

NSHA - MENTAL HEALTH AND ADDICTIONS SERVICES

1.855.922.1122

This website includes various mental health and addiction services and programs offered by Nova Scotia Health and community partners. If you are unsure of which option is right for you, call the intake services phone number (above) and a clinician will help determine what services and supports best meet your needs.

POSSE PROJECT

902.799.0752

Operates in the communities of Sipekne'katik First Nation, Sackville and Windsor/West Hants. POSSE is a youth-driven, harm reduction and human rights training and peer outreach project, for youth between the ages of 15-30.

RESIDENTIAL SERVICES

FOR WOMEN

MARGUERITE CENTRE

902.876.0006

Provides holistic, women-centered approach to recovery from substance misuse and gambling addiction. We are an inclusive, safe, non-judgmental environment, free from discrimination and available regardless of economic status. For women 19+.

CAITLAN'S PLACE – CLOVERDALE COURTWORK SOCIETY

782.321.9971

Helps women and gender diverse individuals ages 18 and older who have histories of homelessness, addiction or periods of incarceration to find and keep a home. For up to one year, residents receive intensive support for daily living from staff in preparation for moving into permanent housing and/or while their court matters are dealt with.

ADSUM FOR WOMEN AND CHILDREN

902.423.4443

Emergency shelter, short and long-term housing, programs and services for women, families, youth and gender-diverse persons within the municipality.

[@Adsum Halifax for Women & Children](#)



ELIZABETH FRY SOCIETY

902.454.5041

Offers supports for transitional housing, programming both in jail and in the community to help develop essential life skills and a range of court navigation services for identified women, girls, non-binary and gender diverse individuals who have been involved with the criminal justice system.

BRYONY HOUSE

902.423.7183

A 24-bed shelter in Halifax that provides a safe housing and support services for women with or without children who have been impacted by intimate partner abuse. Text at 902.422.7650 or email: [**staff@bryonyhouse.ca**](mailto:staff@bryonyhouse.ca)

ALICE HOUSING

902.466.8459

Located within the municipality, they provide safe second-stage housing and supportive counseling for women aged 19 or older and their children in Nova Scotia. Email: [**livesafe@alicehouse.ca**](mailto:livesafe@alicehouse.ca)

RESIDENTIAL SERVICES

FOR MEN

ALCARE PLACE

902.423.9565

1374 ROBIE ST

A NPO dedicated to helping men, age 19 and over, recover from addiction to alcohol, drugs and gambling. A structured, client-centered residential recovery program focused on the development of essential life skills that support long-term success. Email: [**info@alcareplace.ca**](mailto:info@alcareplace.ca)

THE SALVATION ARMY HALIFAX CENTRE OF HOPE

902.422.2363

2044 GOTTINGEN ST

Houses a men's shelter, addictions center, a chapel, dining hall and half-way house. A family services division including clothing, a food bank and various community programs to assist in helping bring those who struggle to an easier and more peaceful path in life. Email: [**office@halifaxcentreofhope.ca**](mailto:office@halifaxcentreofhope.ca)



SUPPORT GROUPS

ALCOHOL ANONYMOUS HALIFAX REGIONAL MUNICIPALITY

902.461.1119

3 DUNDAS ST

Fellowship of people who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership. Helpline available 24/7. Email: [**AAH.aahalifax@gmail.com**](mailto:AAH.aahalifax@gmail.com)

AI-ANON MARITIMES

902.466.7077

A mutual support program for people whose lives have been affected by someone else's drinking. By sharing common experiences and applying the Al-Anon principles, families and friends of alcoholics can bring positive changes to their individual situations, Al-Anon is not a religious program and there are no fees to belong. Email: [**AIS.HFX.NS.AREA91@gmail.com**](mailto:AIS.HFX.NS.AREA91@gmail.com)

AIATEEN

902.466.7077

A part of the Al-Anon Family Groups, this a fellowship of young people whose lives have been affected by someone else's drinking. Whether they are in your life drinking or not. By attending Alateen, teenagers meet other teenagers with similar situations.

GAMBLERS ANONYMOUS NOVA SCOTIA

902.252.3132

A fellowship of people who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from a gambling problem.

NARCOTICS ANONYMOUS

902.789.8323

A non-profit fellowship or society of men and women for whom drugs had become a major problem. A group of recovering addicts who meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs. There is only one requirement for membership, the desire to stop using. Our program is a set of principles

[@Alcoholics Anonymous](#)





SENIOR SERVICES

HEMOCARE SUPPORT

NOVA SCOTIA DEPARTMENT OF SENIORS

902.424.0065

Department staff are pleased to provide information and assistance to seniors and persons acting on their behalf. Email: seniors@gov.ns.ca

GERIATRIC PSYCHIATRY OUTPATIENT PROGRAM

1.855.922.1122

Provides assessment, consultation and treatments to: Seniors with a new onset of mental health challenges and individuals of any age with dementia and complicated behavioural and psychological symptoms of dementia.

SENIORS INFORMATION LINE

211

Provides information on seniors' programs and services in Nova Scotia and help seniors access information regarding government services and programs.

VON GREATER HALIFAX

902.981.2429

The Victoria Order of Nurses provides home and community support services across Nova Scotia. Services include supports for daily living or assisted living, bereavement support, blood pressure clinics, caregiver supports, adult Day drogram and nursing care at home and in the community.

HOME CARE

1.800.225.7225

Services are available to all Nova Scotians who need help with care in their home and communities. Services include home support (personal care, respite and essential housekeeping) and nursing (dressing changes, catheter care, intravenous therapy and palliative care).

ACCESS-A-BUS

902.490.6999

A shared ride, door-to-door transit service for people who are unable to use the conventional transit system due to physical or cognitive disabilities. This service is available to provide transportation to medical appointments and to allow community members to participate in social, personal and recreational activities.

SENIORS' PHARMACARE PROGRAM

902.429.6565

Program is a provincial drug insurance plan that helps community members with a Nova Scotia Health Card who are at least 65 years old with the cost of their prescription drugs.

HALIFAX MEALS ON WHEELS

902.429.4299

Meals on Wheels delivers fresh, nutritious, chilled meals to those in Halifax who are unable to prepare a meal themselves.

ADULT DAY PROGRAM

1.877.488.7390

A range of activities in a safe and caring social environment to help seniors and adults with disabilities live at home as independently as possible. The programs can also offer respite time for caregivers.

CHEBUCTO LINKS

902.422.3525

6670 BAYERS RD, HALIFAX

A senior support and outreach organization that provides social and recreational programs for seniors in Halifax Metro. The organization also assists with information and resources.

NORTHWOOD COMMUNITY CENTRE**902.454.3351**

Provides leisure programming for seniors including fitness and wellness and social events.

NORTHWOOD ADULT DAY PROGRAM**902.454.3347**

Provides flexible individualized programming, socialization and companionship with supervision for adults over the age of 50 who have a diagnosis of Alzheimer's Disease, dementia, stroke, Parkinson's Disease or who may be physically frail.

HOUSING**LONG-TERM CARE****1.800.225.7225**

Licensed facilities and funded by the Department of Health and Wellness provide services for people who need ongoing care. This care can be on a long-term placement (permanent placement) or short-term basis (respite care).

SENIORS HOUSING**902.420.6000**

Nova Scotia Provincial Housing Agency provides affordable rental housing to seniors (age 58 and over) with low incomes. Rent is determined by household income.





GRIEF SUPPORT SERVICES

SURVIVORS OF SUICIDE LOSS (SOS)

902.445.0860

A support organization that supports individuals who are grieving a loved one who died by suicide.

WIDOWED IN SELF-HELP

902.700.7803

A support group for widowed people of all ages that provides emotional support and guidance through bereavement.

PALLIATIVE CARE – GRIEF AND BEREAVEMENT SERVICES

902.473.1622

Provides resources for grieving families and friends of patients referred to palliative care including one-on-one counselling, grief and bereavement groups, memorial services and education.

IWK PREGNANCY & NEWBORN LOSS

902.470.7722

Provides support for parents who have experienced a pregnancy loss or death of their newborn.

HOSPICE HALIFAX

902.446.0929

618 FRANCKLYN ST

Offers regular one-on-one counseling, support groups and programming for Nova Scotians experiencing bereavement. The programs are offered virtually and in person, free-of-charge and open to any residents of Nova Scotia who are over the age of 18.

PEDIATRIC ADVANCE CARE TEAM (PACT)

902.470.8942

BEREAVEMENT SERVICES

PACT is a consultative service dedicated to enhancing the well-being and comfort of children who are experiencing life-threatening or life-limiting conditions. PACT provide bereavement follow-up services for grieving families that includes debriefing, literacy and resource sharing.

HELP FOR FAMILIES

FAMILY RESOURCES

NORTH END PARENT RESOURCE CENTRE

902.429.0133

5475 UNIACKE ST

Provides programming and support for children, parents and families. Services include parent support groups, family games night, food services and child development programs.

MI'KMAQ CHILD DEVELOPMENT CENTRE

902.422.7850

2161 GOTTINGEN ST

Provides resources and programming for Indigenous families. Programs include parent support group, daycare center, Indigenous doula training, collective kitchen, monthly family events and Kesalul.

BAYERS WESTWOOD FAMILY RESOURCE CENTRE

902.454.9444

3499 MCALPINE AVE

The centre offers prenatal and infant programs, children's programs and programs for caregivers. Services include home visits, language development, provision of resources and school readiness.

VEITH HOUSE**902.453.4320****3115 VEITH ST**

A community hub that provides social work services, supervised parenting and exchange, North End Community Circle, community kitchen, newcomers programs, Veith House Urban Farm and children's activities and support.

BLACK EDUCATORS ASSOCIATION**902.424.7036****2136 GOTTINGEN ST**

Assists African Nova Scotian communities develop strategies towards an equitable education system. Services include bursary funds, math camp, regional educators, Cultural Academic Enrichment Program, Spelling BEE and adult learning.

CUNARD STREET CHILDREN'S CENTRE**902.423.6799****5557 CUNARD ST**

A not-for-profit childcare center that provides full and part-time daycare.

SAINT GEORGE'S YOUTH NET.**902.422.4614****2221 MAITLAND ST**

Provides free programs to children and youth aged seven to 17 who live in or near Uniacke Square. Programs include school year programs (lunch program, after school program and teen program) and summer camps (day camps and wilderness camping trips).

STRONGEST FAMILIES INSTITUTE**1.855.922.1122**

Strongest Families Institute provides bilingual mental health and parenting support for child/youth and their families. Four programs are offered in Nova Scotia including:

- parents empowering kids
- behaviour difficulties program (three to 12 years old)
- chase worries away – anxiety program (six to 11 years old)
- defeat anxiety program (12 to 17 years old)
- dry nights ahead – nighttime bedwetting (five to 12 years old)



FAMILY SOS

902.455.5515

1525 BIRMINGHAM ST

Family SOS assists families through developing parenting confidence and skills and providing child-centered programs. Programs include parenting support, positive parenting groups, programs for children and teens and community market at the Greystone Centre (4 Cranberry Crt, Halifax).

NEEDHAM EARLY LEARNING CENTRE

902.490.4638

3372 DEVONSHIRE AVE

A Non-for-profit organization that provides childcare to children aged 18 months to 12 years.

NORTH END COMMUNITY DAY CARE CENTRE

902.455.5494

5540 RUSSELL ST

North End Community Day Care provides inclusive, developmentally appropriate child care for children aged 18 months to 12 years.

NORTH GROVE

902-464-8234

The North Grove in Dartmouth North is a dynamic community hub. Our Family and Community Food Centre offer programs, services and space for people to learn and connect through family support, food and friendship.

PUBLIC HEALTH

902.481.5800

Offers many programs that can help support children and families including healthy development programs (postnatal follow-up, home visits, infant and child health and wellness drop-in clinic), healthy communities (nutrition and healthy eating, breastfeeding support, oral health and injury prevention), communicable disease prevention and control and environmental health (information on household mold, water damage and infestations such as bed bugs).

FAMILY PHARMACARE PROGRAM

902.496.7008

Assists Nova Scotians who do not have drug coverage or are experiencing high drug costs not covered by private insurance. There are no premiums and the program's copayment and deductible have yearly maximums that are dependent on family size and income.

CHILD PHARMACARE

1.866.424.1269

Nova Scotia government funds a child pharmacare program that provides prescription drug coverage for children of low-income families. This program is available for families who receive the Nova Scotia Child Benefit. Families pay \$5 per prescription no matter how much the medication costs.

EDUCATION SUPPORTS

COLE HARBOUR FOUNDATION

902.701.6900

Focused on improving education and opportunities for youth in and around Cole Harbour. Services include tutoring, providing children's books, scholarships and supporting teacher's needs.

PACT RESOURCE CENTRE

902.434.8952

1114 COLE HARBOUR ROAD

Parenting and Children Together focuses on the well-being of families through programs and workshops offered to parents, expectant parents, caregivers and their children in the community. PACT offers drop-in sessions for dads/male caregivers with children of all ages and parents who identify as 2SLGBTQ+ with children of all ages.



AFTER SCHOOL PROGRAMS

HALIFAX REGIONAL MUNICIPALITY RECREATION CENTRES

311

Many recreation centres offer after school programming for children and youth.

COMMUNITY YMCA – AFTER SCHOOL PROGRAM

902.422.9622

2269 GOTTINGEN ST

A no-cost program that offers fun activities and a safe space for children and teens to hang out after school. Monday to Friday, 3 p.m. to 5 p.m.

YMCA PHYSICAL HEALTH DEVELOPMENT (YPHD)

A school based program offered before and after school for children in primary to grade 6 designed to increase physical activity levels. YPHD is available at the following schools: Duc d’Anville School, Westmount School, Inglis Street School, St.Catherine’s School and Springvale School.

EXCEL PROGRAM

902.464.2000 EXT.2787

A recreation based, fee-for-service before and after school program for elementary-aged children run by the Halifax Regional Centre for Education.

HEALTHY TEENZ

902.455.5515 EXT.350

4 CRANBERRY CRT

A program offered for youth age 12 to 17 to give them a fun and interactive place to participate in after school activities and summer day camps. This program is provided by Family SOS at the Greystone Centre.

PHOENIX CENTRE FOR YOUTH

902.420.0676

6035 COBURG RD

A walk-in centre that provides youth with confidential and non-judgmental assistance. Services include housing support, advocacy, crisis intervention, parenting support, referral to community resources and health services.

LITERACY PROGRAMMING

UNITED FOR LITERACY

1.800.555.6523

A free literacy and numeracy programs for children, teens, adults and seniors throughout the municipality and remotely. Programming includes One-to-One Academic Support, Guided Reading Club Nova Scotia and English as a Second Language (ESL) for adults.

BEDFORD AND FORSYTH EDUCATION CENTRES

902.832.8630

A public high school that supports learners 16 years or older (including adults) to complete NS high school credits.

- 136 Pinecrest Dr, Dartmouth
- 1658 Bedford Highway (Suite 0070), Bedford

DARTMOUTH LEARNING NETWORK

902.463.9179

73 TACOMA DR, SUITE 802

Provides opportunities for adults to gain essential educational and technological skills to live and work in a modern economy. They provide free classes and one-to-one tutoring to adults as well as family literacy programming.



MENTAL HEALTH SUPPORTS

SOMEONE TO LISTEN PROGRAMMING

GOOD 2 TALK

1.833.292.3698

Provides free, confidential text or phone support services for post-secondary students.
Text: 686868.

TALK SUICIDE CANADA

1.833.456.4566

Connects individuals to a crisis responder to get help without judgement. **Text: 45645.**

KIDS HELP PHONE

1.800.668.6868

Offers free, confidential support to young people in English and French. **Text: 686868.**

WELLNESS TOGETHER CANADA

Provides free, virtual mental health and addictions support as well as online resources.
Text WELLNESS TO 741741

MENTAL HEALTH PROGRAMMING

SELF-HELP CONNECTION

902.453.2011

300 PRINCE ALBERT RD, SUITE 202B

An organization that assists Nova Scotia to take control of their health through increasing their knowledge, skills and resources for personal and group well-being.

PHOENIX YOUTH & FAMILY THERAPY

902.444.3400

5547 YOUNG ST

A team of clinical therapists provide confidential therapy to youth age 11 and older and their families.

LAING HOUSE

902.425.9018

1225 BARRINGTON ST

Provides non-clinical person centered mental health support for youth ages 16-29.

HEALTHY MINDS COOPERATIVE

902.404.3504

45 ALDERNEY DR #200

Provides in-person and virtual wellness programs including virtual workshops, mindfulness practice and peer support groups.

CONNECTIONS CLUBHOUSE

902.473.8692

1221 BARRINGTON ST

Provides social recreation programming, food services and access to Transitional Employment Program for people with severe or persistent mental illness or other mental health issues.

CMHA SHARING & CARING SOCIAL CLUBS

902.455.5445

45 OCHTERLONY ST

Provides access to programs that offer social support programming including activities aimed at community inclusion, creativity, recreation and leisure. Sessions are held virtually through Zoom and at the Dartmouth Seniors Service Centre.

COUNSELLING

MENTAL HEALTH (AGES 0-19)

1.855.922.1122

IWK CENTRAL REFERRAL

Children and adolescents can access counselling and other mental health services through IWK Central Referral.

MENTAL HEALTH (AGES 19+)

1.888.429.8167

NSHA MENTAL HEALTH CENTRAL REFERRAL

Adults can access counselling and other mental health services through NSHA Mental Health Central Referral.

TRANQUILITY

A free online mental health support program available to Nova Scotians age 16+ who are experiencing mild to moderate anxiety and/or depression.

NAVIGATION

HEALTHY MINDS COOPERATIVE

902.404.3504

45 ALDERNEY DR #200

Helps community members navigate mental health services and peer support groups.



EMERGENCY SERVICES

IWK EMERGENCY DEPARTMENT

902.470.8050

5941 SOUTH ST

Access to emergency assessment and intervention for children and adolescents.

MOBILE CRISIS INTERVENTION

902.429.8167

Responds to individuals who are experiencing a current mental health crisis.

QEII EMERGENCY PSYCHIATRIC SERVICES

902.473.2043

Adult emergency psychiatric services can be accessed by calling this number or going to the closest emergency department.

PHYSICIANS

NEED A FAMILY PRACTICE REGISTRY

811

This is a provincial waiting list for people without a doctor or nurse practitioner.

VIRTUALCARENS

VIRTUALCARENS@NSHEALTH.CA

Available for Nova Scotians on the Need a Family Practice registry. This service provides free online visits with a primary care provider (doctor or nurse practitioner).

FAMILY FOCUS WALK IN CLINICS

902.420.6060

Can be accessed throughout the municipality for acute or minor medical problems if individuals do not have a family doctor or are having difficulty accessing their family doctor.

Virtual Care, call 902.334.3499.

- Halifax:
 - 5991 Spring Garden Rd (Halifax Professional Building, Mezzanine Level)
 - 3601 Joseph Howe Drive, Halifax
- 667 Sackville Drive, Suite 207, Lower Sackville
- 240 Baker Drive, Suite 20, Dartmouth

MOBILE OUTREACH STREET HEALTH (MOSH)

902.429.5290

Provides accessible primary health care services to people who are experiencing homelessness, currently unhoused or street involved and underserved in our community.

DENTAL CLINIC

DALHOUSIE DENTAL CLINIC

902.494.2101

5981 UNIVERSITY AVE

Provides dental care at a reduced rate to general dentists with dental students under the supervision of experienced dentists.

SEXUALITY AND GENDER IDENTITY

HALIFAX SEXUAL HEALTH CENTRE

902.455.9656

7071 BAYERS RD, SUITE 302

Provides community health services and resources that are sex positive, pro-choice, inclusive and non-judgmental. Services include PAP tests, STI tests, IUD removals, immunizations, transgender/gender-affirming health and sexual health education.

IWK TRANS HEALTH CARE TEAM

902.464.4110

The IWK Trans Health Care Team provides gender-affirming medical and psychological care to trans and non-binary youth in Nova Scotia. The team includes physicians and a social worker.

YOUTH PROJECT

902.429.5429

2281 BRUNSWICK ST

Provides support and services to youth aged 25 and younger around their sexual orientation and gender identity.

PRIDEHEALTH

902.487.0470

A branch of NS Health that works to improve access to safe, coordinated, comprehensive primary health care for people who are part of the 2SLGBTQIA+ community.



LEGAL

LEGAL INFORMATION

LEGAL INFORMATION SOCIETY OF NS (LISNS)

902.455.3135

A charitable non-profit organization providing Nova Scotians with information and resources about the law.

LEGAL AID

DALHOUSIE LEGAL AID SERVICE

902.423.8105

A resource in the North-End of Halifax that provides access to legal aid for community members who are unable to access legal assistance.

NOVA SCOTIA LEGAL AID

902.420.6583

Provides free legal services to adults and youth facing a variety of legal issues including family law, criminal law and other issues including Income Assistance and CPP.

RCMP

NON-EMERGENCY

1.800.803.7267

1975 GOTTINGEN ST

HALIFAX REGIONAL POLICE

NON-EMERGENCY

902.490.5016

1975 GOTTINGEN ST

Can be used to report incidents or make general inquiries when an officer is not required to come to the scene.

NOVA SCOTIA HUMAN RIGHTS COMMISSION

902.424.4111

Supports Nova Scotians by responding to inquiries and complaints about concerns related to human rights policy.

SUPPORTS

COVERDALE CENTRE

902.422.8417

Helps women and gender diverse individuals ages 18 and older who have histories of homelessness, addiction or periods of incarceration to find and keep a home. For up to one year, residents receive intensive support for daily living from staff in preparation for moving into permanent housing and/or while their court matters are dealt with.

ELIZABETH FRY SOCIETY

902.454.5041

Offers supports for transitional housing, programming both in jail and in the community to help develop essential life skills and a range of court navigation services for identified women, girls, non-binary and gender diverse individuals who have been involved with the criminal justice system.

JOHN HOWARD SOCIETY OF NOVA SCOTIA

1.877.409.6429

Uses a trauma-informed approach to help people with a criminal history and those impacted with crime to work forward. Services include in-reach programs that work with people who are currently incarcerated, residential programs and programs for community (re)integration

COURTS

HALIFAX PROVINCIAL COURT

902.424.8718

5250 SPRING GARDEN RD

Holds proceedings for Provincial Court, Small Claims Court, Domestic Violence Court Program and Youth Justice Court. Email: HalifaxProvincialCourt@courts.ns.ca.

SUPREME COURT (FAMILY DIVISION)

902.424.3990

3380 DEVONSHIRE AV

Email: scfamilyhfx@courts.ns.ca

LAW COURTS

902.424.8962

1815 UPPER WATER STREET

Hold proceedings for the Court of Appeal, Supreme Court, Bankruptcy Court and Probate Court.

DARTMOUTH PROVINCIAL COURT

902.772.1040

277 PLEASANT ST

Runs the Dartmouth Wellness Court which includes the Provincial Court, Wellness Court Programs and Youth Justice Court.

SUPREME COURT - SATELLITE COURTHOUSE

902.424.7933

7 MELLOR AVE

Email: halifaxjuryresponse@courts.ns.ca





VIOLENCE & SEXUAL ASSAULT

ADULT PROTECTION SERVICES

1.800.225.7225

Intervenes when vulnerable people over the age of 16 are in a situation of self-neglect or are experiencing neglect or abuse from others which results in serious harm or risk to the vulnerable person.

ABUSE

CHILD WELFARE RESOURCES (DCS)

902.425.5420

2131 GOTTINGEN ST

Child protection services protect children under age 19 from abuse and neglect. Everyone in Nova Scotia has the duty to report suspected or known cases of child abuse.

REPORTING CHILD ABUSE (DCS)

1.866.922.2434

To report concerns related to abuse or child welfare, call the above number if there is immediate danger outside of business hours or use the website below to locate the closest local office.

SAFE HOUSING

BRYONY HOUSE (SHELTER)

902.423.7183

A 24-bed shelter that provides a safe housing and support services for women with or without children who have been impacted by intimate partner abuse. Text at 902.422.7650 or email at staff@bryonyhouse.ca.

ALICE HOUSING

902.466.8459

Provides safe second-stage housing and supportive counselling for women aged 19 or older and their children in Nova Scotia. Email: livesafe@alicehouse.ca.

SUPPORT FOR SURVIVORS

AVALON SEXUAL ASSAULT CENTRE

902.422.4240

1526 DRESDEN ROW, SUITE 401

Works to end sexualized violence and support those who have been impacted by it. Avalon provides a safe space for survivors, specialized services (Sexual Assault Nurse Examiner Program, therapy programs, legal advocacy and community navigation) and is involved in advocacy.

L.O.V.E NOVA SCOTIA

902.429.6616

2171 GOTTINGEN ST, SUITE 205

A violence prevention and intervention organization that works with youth who have experienced violence through community and in school programming. Every youth enrolled in the programs has access to a Youth Worker and Registered Social Worker 24/7.

VICTIM SERVICES

902.490.5300

1975 GOTTINGEN ST

Offered through Halifax Regional Police with a focus on victims of domestic violence, sexualized violence and serious crimes.



HOMELESSNESS/HOUSING

HOUSING

WELCOME HOUSING & SUPPORT SERVICES

902.423.5479

2330 GOTTINGEN ST

Offers affordable housing and other services aimed to reduce the amount of unhoused people in the municipality.

NOVA SCOTIA PROVINCIAL HOUSING AGENCY

902.420.6000

Provides housing solutions for adults, families and seniors in Nova Scotia who are living on low incomes.

HABITAT FOR HUMANITY

902.464.0274

81 WRIGHT AVE

A non-profit organization that is working towards creating safe places to live for Nova Scotians. Houses are built through support from the community and then sold to partner families using an affordable mortgage model.

RESIDENTIAL TENANCY PROGRAM

902.424.5200

Helps tenants and landlords understand and exercise their rights as well as go through the dispute process when needed.

OUT OF THE COLD

902.830.4821

Runs an accessible, low-barrier supportive housing community in NS for people age 18+ of all genders.

- 5580 Cogswell St, Halifax
- 7 Church St, Dartmouth

EMERGENCY SHELTER FOR MEN

METRO TURNING POINT

902.420.3282

2071 BARRINGTON ST

A harm reduction based, 30 bed emergency shelter for individuals who identify as male or gender diverse and are over 16 years of age.

SALVATION ARMY MEN'S SHELTER

902.422.2363

2044 GOTTINGEN ST

Provides shelter for males who are 19 years of age or older and in need of emergency housing in a secure environment with daily meals and snacks.

EMERGENCY SHELTER FOR WOMEN

ADSUM HOUSE

902.423.4443

Has emergency shelter, short and long-term housing, programs and services for women, families, youth and gender-diverse persons within the municipality.

BARRY HOUSE

902.422.8324

A 17-bed emergency shelter serving individuals who are aged 16 and older who identify as female or are gender diverse.

BRYONY HOUSE

DISTRESS LINE 902.422.7650

24-bed shelter that provides a safe housing and support services for women with or without children who have been impacted by intimate partner abuse.

EMERGENCY SHELTER FOR YOUTH

PHOENIX YOUTH SHELTER

902.446.4663

1094 TOWER RD

Provides free and safe emergency housing to youth ages 16 to 24. Youth are provided with daily essentials, have access to daily programming and are connected with a Key Worker who provides support and guidance.

DROP-INS

ARK OUTREACH

902.429.2577

A community where members are respected, celebrated and encouraged to thrive. The community prioritizes supportive relationships and helps community members access housing and healthcare resources.

BRUNSWICK STREET MISSION

902.809.5530

Provides trauma-informed same day drop-in services for those who would like support navigating systems or accessing resources. Email: outreach@brunswickstreetmission.org

STEPPING STONE ASSOCIATION

902.420.0103

9 FERGUSON RD

Offers community drop-in Monday through Friday from 9:30 a.m. to 1 p.m. to provide a safe and confidential environment for current and former sex workers to seek support and services.





CLOTHING/FOOD

CLOTHING BANKS

DRESS FOR SUCCESS

902.493.7377

1595 BEDFORD HWY

Provides work-appropriate attire to women to promote the economic independence of women.

SALVATION ARMY THRIFT STORES

902.422.1598

Sell gently-used clothing, housewares and other items including children's toys.

- 971 Cole Harbour Rd, Dartmouth
- 118 Wyse Rd, Dartmouth
- 3667 Strawberry Hill, Halifax

HAND-IN-HAND

902.477.7744

440 HERRING COVE RD

A non-profit thrift store in Spryfield that carries household goods, clothing, furniture, vintage items and more.

GREAT THINGS IN STORE

902.406.4345

Parker Street has two thrift stores called Great Things in Store that carry clothing, antiques, small household appliances and furniture.

- 110 Woodlawn Rd, Dartmouth
- 334 Herring Cove Road, Halifax

FOOD BANKS

PARKER STREET FOOD BANK

902.425.2125

2415 MAYNARD ST

Provides food to people in need in Halifax. The food bank is by appointment only Monday, Wednesday, Thursday and Friday. Delivery appointments are made on Tuesdays for clients who are unable to visit the location. Email: info@parkerstreet.org.

ST. MARK'S FOOD BANK

902.454.0018

5522 RUSSELL ST

Operates out of the community center at St. Mark's Anglican Church. Food bank hours are Tuesdays 9 to 11 a.m.

BRUNSWICK ST. UNITED CHURCH FOOD BANK

902.423.4605

2107 BRUNSWICK ST

Available to North End Halifax in the B3K area code or those who are unhoused. Runs on a choice-model that allows clients to shop with a grocery chart and select items specific to their dietary and cultural needs.

FREE MEALS

HOPE COTTAGE

902.429.7968

2435 BRUNSWICK ST

A charitable organization whose mission is to provide meals to those who cannot afford to obtain these meals themselves. Eat-in and Takeaway meals are available Monday to Friday: Lunch 10 to 11 a.m. or dinner from 5 to 6 p.m.

BRUNSWICK STREET MISSION

902.423.4605

2107 BRUNSWICK ST

Areas of focus include providing food security through a food bank and breakfast program, one-to-one supporting using a trauma-informed practice under a Registered Social Worker. They also provide laundry services for unhoused people, free tax clinic for those with low annual incomes and advocate for those experiencing poverty and homelessness in the municipality. Email: mission@brunswickstreetmission.org

- Office Hours: Tuesday to Friday: 9:30 a.m. to 2:30 p.m.
- Breakfast Program: Monday to Friday from 7:15 to 8:30 a.m.
- Food Bank: Tuesday to Thursday from 9:30am to 2:30pm
- Tax Returns: Fridays from 9:30 a.m. to 2:30 p.m.

ST. DAVID'S PRESBYTERIAN

902.423.1944

1544 GRAFTON ST

Provide nutritious and delicious lunches to those in our community every Friday from 10 a.m. to noon. Takeaway meals are filled with the main lunch item, muffin, juice and fresh fruit. Tea and coffee are also available. Email: stdavids.office@ns.sympatico.ca.

ST. ANDREWS CHURCH

902.422.3157

6036 COBURG RD

Weekly free hot meal and basic needs support for anyone facing food scarcity. Sunday drop-in 4 to 5:30 p.m. at the Coburg Rd entrance. Sunday Suppers is currently offering a hybrid model, welcoming guests into the space for a sit down supper time with community, while continuing to offer takeaway meals to those who do not wish to come inside. Pre-registration or ID is **not** required.

SALVATION ARMY FAMILY SERVICES

902.422.1598

Many locations offer free meals to community members. Locations can be found by accessing the website or calling the number listed above.

ST. MATTHEW'S UNITED CHURCH

902.423.9209

1479 BARRINGTON ST

Serves free breakfast on Sunday mornings (8 to 9:30 a.m.) for those who are in need.

FURNITURE BANK

HAND-IN-HAND

902.477.7744

440 HERRING COVE RD

A non-profit thrift store in Spryfield that carries household goods, clothing, furniture, vintage items and more.

PARKER STREET FURNITURE BANK

902.425.2125

2415 MAYNARD ST

Provides beds, couches, tables, chairs and other household essentials to individuals and families with a proven need. Email: info@parkerstreet.org.

FINANCIAL

INCOME ASSISTANCE

EMPLOYMENT INSURANCE (EI)

1.800.206.7218

Employment Insurance and leave information for workers, families, fishers or related to sickness and how to apply and submit reports can be found here.

NOVA SCOTIA INCOME ASSISTANCE

902.424.4150

7071 BAYERS RD #1002

The program helps Nova Scotians when they are not able to support themselves or their family.

CANADA PENSION PLAN

1.800.277.9914

The CPP is a monthly, taxable benefit that replaces part of your income when you retire. This is a program that you must apply for.

NS STUDENT ASSISTANCE

902.424.8420

1256 BARRINGTON ST

Aids students to fund post-secondary education through loans and grants.



BANKRUPTCY & DEBT

SOLVEYOURDEBTS.COM

1.888.753.2227

Previously known as Credit Counseling Services of Atlantic Canada, this business provides credit counseling and budget mentoring services.

CONSUMER PROTECTION

902.424.5200

Provides financial information and education to help Nova Scotians navigate consumer purchases, consumer debt and credit and other financial topics.

FLNP

902.423-6162

YWCA HALIFAX - 58 HERRING COVE RD

Financial Literacy for Newcomers to Canada is a program to help remove barriers related to financial education that newcomer women face when participating in Canadian life. Email: flnp@ywcahalifax.com.

HEATING SERVICES

HEAT FUND

902.422.2363

A program through the Salvation Army that is offered from January to April that provides emergency fuel to families in immediate crisis.



EMPLOYMENT/CAREER SERVICES

NEW LEAF ENTERPRISES

902.455.9044

22 FIELDING AVE

Provides an opportunity for Nova Scotian with disabilities to participant in skill development and workplace training.

TEAM WORK COOPERATIVE

902.422.8900

7051 BAYERS RD, SUITE 501

A Nova Scotia Works Employment Services Centre that supports those seeking jobs with services to support and guide their employment search including career planning, job searching and on-the-job development.

REACHABILITY

902.429.5878

3845 JOSEPH HOWE DR #201

Provides support for those looking for strategies to manage stress, build self-confidence and self-awareness and successfully apply and enter or re-enter the workforce.

ADULT EMPLOYMENT

HALIFAX SERVICE CANADA

1.800.622.6232

1800 ARGYLE ST

Provides financial and employment related services including EI benefits and leave, apprenticeship incentive grants and benefits programs.

TEAM WORK COOPERATIVE

902.422.8900

7051 BAYERS RD, SUITE 501

Women Services program focuses on one-on-one employment counseling in the areas of career exploration, job search, skill enhancement and employment maintenance. Email: reception@teamworkbridge.org.

OPTIONS WORK ACTIVITY PROGRAM

902.453.6246

7071 BAYERS RD, SUITE LL05

Dedicated to people reach workplace goals. The program includes employability assessment and career exploration, work-based training and work placement. Email: info@mymetroworks.ca.

YMCA NOVA SCOTIA WORKS

902.425.3464 EXT.221

2269 GOTTINGEN ST

Delivers employment and career services throughout Nova Scotia. Services include workshops and job search supports. Email: novascotiaworks@halifax.ymca.ca.

YOUTH EMPLOYMENT

PHOENIX LEARNING & EMPLOYMENT

902.431.9111

6169 QUINPOOL RD, SUITE 220

Provides support through one-on-one job support, career exploration, resume development, interview support, work skills and work placements. Email: plec@phoenixyouth.ca.

YOUTH EMPLOYABILITY PROJECT

902.209.3576

7071 BAYERS RD, SUITE 225

An employment support program for youth connected to the social assistance and child welfare systems. The program meets with youth individually, meeting them in their communities and assisting them in their educational and career goals.

Email: info@seedns.ca.

YOUTH WORX PROGRAM

902.490.5589

Provides youth between the ages of 16 to 24 with 24 weeks of paid job and like skill building for youth who are having difficulty finding employment. Email: youthworx@halifax.ca.

NEWCOMERS TO THE HALIFAX REGIONAL MUNICIPALITY

ISANS

902.423.3607

6960 MUMFORD RD, SUITE 2120

Immigrant Services Association of Nova Scotia is a leading community organization that welcome and provides a wide variety of resources for immigrants to Nova Scotia. Programs include translation services, workplace skills, youth programming and support navigating government programs.



YMCA CENTRE FOR IMMIGRANT PROGRAMS

902.457.9622

7071 BAYERS RD #104

Provides newcomer children, parents and their families with a wide variety of programs, support, an outreach. Programs include employment navigation, active living program, language services, homework and school support and workshops for employers.

HALIFAX REFUGEE CLINIC

902.422.6736

5538 MACARA ST

Provides legal representation for those claiming refugee status in Nova Scotia.

RAINBOW REFUGEE ASSOCIATION OF NOVA SCOTIA

Privately sponsors LGBTQI+ refugee resettlement and helps support and advocate for LGBTQI+ refugees in Nova Scotia.

RECREATION AND LIBRARIES

HALIFAX REGIONAL MUNICIPALITY RECREATION CENTRES

311

Off all year programming, including skating, swimming, dance, music, arts and crafts, outdoor adventure and play, summer and weekend camps and many other sports and fitness activities.

HALIFAX PUBLIC LIBRARIES

902.490.5753

HPL offers a variety of in-person and virtual programming along with physical and virtual loans of their extensive library.

MACPHEE CENTRE FOR CREATIVE LEARNING

902.469.2851

50 QUEEN ST

Offers artistic programming for youth between the ages of 12-19 including visual and performing arts, creative writing and technology.

BRIGADOON VILLAGE

902.332.1544

Delivers year-round programming to children, youth and families living with health conditions and other life challenges both in HRM and at camp in Aylesford, NS.

- Office: 5523A Young Street, Halifax
- Camp: 1650 North River Road, Aylesford

COLE HARBOUR PLACE

902.464.5565

51 FOREST HILLS PARKWAY

The pay what you can membership is a fitness and lifestyle facilities that has fitness classes, aquatics and recreation including child minding. Contact Mary MacLeod at mmacleod@coleharbourplace.com.

HALIFAX NORTH MEMORIAL PUBLIC LIBRARY

902.490.5723

2285 GOTTINGEN ST

Is a wheelchair accessible community library with community rooms, public computers and printing, free parking and events.

HALIFAX CENTRAL LIBRARY

902.490.5700

5440 SPRING GARDEN RD

A wheelchair accessible public library with all gender washrooms, bicycle racks, community rooms, an electric vehicle charging station, paid parking, events, public computers and printing and study rooms.

DARTMOUTH NORTH PUBLIC LIBRARY

902.490.5840

105 HIGHFIELD PARK DR

A community library with free parking, public computers and printing and events.

ALDERNEY GATE PUBLIC LIBRARY

902.490.5745

60 ALDERNEY DR

A wheelchair accessible community library with community rooms, paid parking, events, public computers and printing and study rooms.



**YOUTH
ADVOCATE
PROGRAM**

Guide Provided by the Youth Advocate Program - a crime prevention program that works with youth aged nine to 15 engaging in or at high risk of engaging in criminal activity by strengthening connections and reducing barriers to create safer communities. halifax.ca/yap