

Help Map

00 Halifax Locations
00 Dartmouth Locations

Free Meals/Food Banks – Locations & Times				
1	Hope Cottage	2435 Brunswick Street	429-7968	Mon to Fri - 10 to 11am and 5 to 6pm
2	Parker Street Food & Furniture Bank	2415 Maynard Street	425-2125	Mon, Wed, Fri - 8:30 to 11:30am
3	St. Andrew's Church	6036 Coburg Road	422-3157	Sun - 4 to 6pm
4	Seventh Day Adventist Comm Services Centre	2063 Parker Street	423-3021	Mon - 1 to 2pm; Wed - 1 to 4pm; Fri - 9 to 12pm
5	Brunswick Street United Church	2107 Brunswick Street	423-4605	Breakfast - Mon to Sat - 7 to 9am Clothing Centre - Mon & Wed - 9 to 11:30am, 12:30 to 2:00pm Food Bank - Thurs - 10:30am to 12:00pm (register on Wed)
6	Salvation Army Family Services	2038 Gottingen Street	422-1598	Food Bank - Mon and Fri from 9:00am to 12:00 noon
7	St. George's Church	2222 Brunswick Street	423-1059	4pm to 6pm, 2221 Maitland Street
8	St. Matthew's United Church	1479 Barrington Street	423-9209	Sun - 9 to 10am
9	Salvation Army Family Services	171 Pleasant Street	466-6847	Mon - 1:30 to 3pm, Thurs - 9:30 to 11am, 12:30 to 3pm
10	Feeding Others of Dartmouth (FOOD)	43 Wentworth Street	464-2919	Mon to Sun - 12 to 12:30pm; Mon, Tues, Wed - 4:30 to 5:00pm
11	Christ Church	61 Dundas Street	466-4270	Food Bank - Fri - 9:30 to 11:30am

Shelter Services			
Women Only			
12	Adsum House	2421 Brunswick Street	444-3611
13	Barry House	2706 Gottingen Street	423-1204
14	Bryony Transition Housing for Women		429-9002
Men Only			
16	Metro Turning Point Centre	2170 Barrington Street	423-9565
Youth Only			
17	Phoenix Youth Shelter	1094 Tower Road	446-4663

Emergency Health Services		
18	QE II Health Sciences Centre	1796 Summer Street
19	Dartmouth General Hospital	325 Pleasant Street

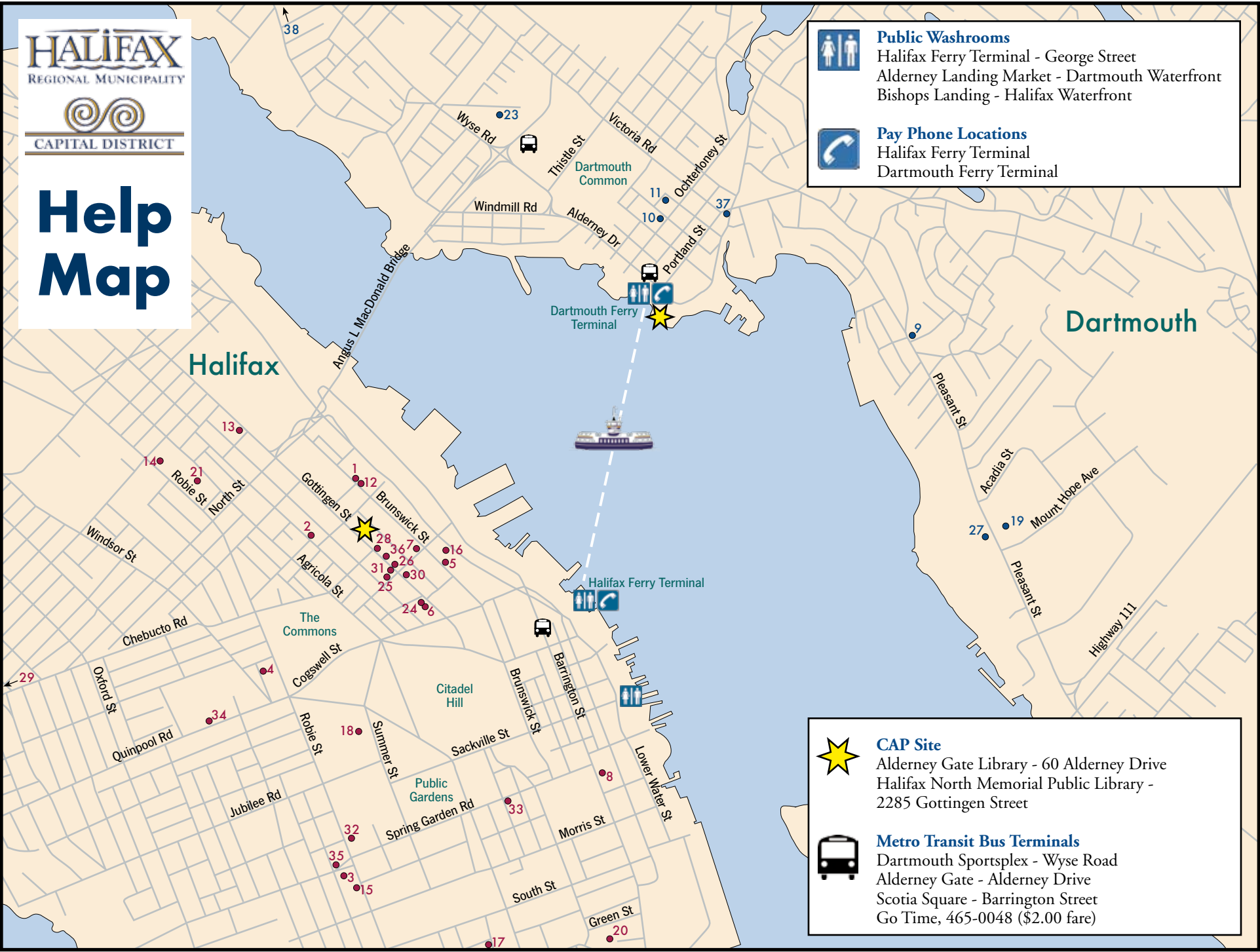
Cheap or Free			
2	Parker Street Food & Furniture Bank	2415 Maynard Street	425-2125
6	Salvation Army Family Services	2038 Gottingen Street	422-1598
20	Salvation Army Thrift Store	5280 Green Street	425-7684
21	Bike Again (free bikes) Wednesday 5 to 8pm	2705 Fern Lane	429-0924
22	Salvation Army Thrift Store	109 Main Street	435-6508
23	Salvation Army Thrift Store	118 Wyse Road	463-3500

Phone Services			
Bryony House 24 Hour Women's Crisis Line	429-9002	Emergency Services	911
Help Line	421-1188	Youth Help Line	420-8336
Mobile Crisis Intervention Services	429-8167	Metro Job Line	426-1945
Alice Housing (second stage housing for women)	466-8459	Drug Dependency Service 'Choices' (adolescents)	424-5623
Job Junction	455-9675, 6950 Mumford Road	Gambling Help Line	1-888-347-8888

Clinics			
24	Salvation Army Addictions & Rehabilitation	2044 Gottingen Street	422-1598
25	Mainline Needle Exchange and Direction 180 Methadone Clinic	5511 Cornwallis Street	423-9991
26	North End Community Health Centre	2165 Gottingen Street	420-0303
27	Detox - Metro Dartmouth/Halifax	300 Pleasant Street	464-3111

Additional Services			
15	Al Care Place (men's addiction recovery)	1374 Robie Street	420-9565
28	Dalhousie Legal Aid Service	2209 Gottingen Street	423-8105
29	Metropolitan Immigrant Settlement Assn.	7105 Chebucto Place	423-3607
30	Metro Regional Housing Authority	2131 Gottingen Street	420-6000
31	Mi'kmaq Native Friendship Centre	2158 Gottingen Street	420-1576
32	Metro Pregnancy & Family Support Centre	5991 Spring Garden Rd	422-8539
33	24 Hour Drug Store	5524 Spring Garden Rd	429-2400
34	Phoenix Learning & Employment Centre for Youth	6169 Quinpool Road Suite 220	431-9111
35	Phoenix Centre for Youth	6035 Coburg Road	420-0676
36	ARK Outreach (youth drop-in centre)	2151 Gottingen Street	492-1454
37	Labour Ready	170 Portland Street	442-1445
38	Lake City Woodworkers	386 Windmill Road	465-5000

Help Map



Public Washrooms
 Halifax Ferry Terminal - George Street
 Alderney Landing Market - Dartmouth Waterfront
 Bishops Landing - Halifax Waterfront

Pay Phone Locations
 Halifax Ferry Terminal
 Dartmouth Ferry Terminal

CAP Site
 Alderney Gate Library - 60 Alderney Drive
 Halifax North Memorial Public Library - 2285 Gottingen Street

Metro Transit Bus Terminals
 Dartmouth Sportsplex - Wyse Road
 Alderney Gate - Alderney Drive
 Scotia Square - Barrington Street
 Go Time, 465-0048 (\$2.00 fare)