



CUMBERLAND  
WOMEN'S  
RESOURCE DIRECTORY

*Nova Scotia Advisory Council  
on the Status of Women*

Look for

The Cumberland Women's Resource Directory 2003

on the Internet.

Our address is:

<http://www.gov.ns.ca/staw/cumberlandwomensresource.htm>

# CUMBERLAND WOMEN'S RESOURCE DIRECTORY

2003

***Produced by:***

The Nova Scotia Advisory Council on the Status of Women

***1<sup>st</sup> Edition 1992 - Supported by:***

The Human Resource Development Center - Amherst

***3rd Edition 1999 - Sponsored by:***

The Cumberland Regional Development Association

The Cumberland African Nova Scotian Association

# 911- EMERGENCY NUMBER

for

## Ambulance, Fire, Hospital, Police

### Direct Emergency Lines

AUTUMN HOUSE (Transition House) .....667-1200  
Shelter for abused women and their children

CHILD PROTECTION, Family & Children Services  
24 Hour Phone .....667-3336

KIDS HELP PHONE  
24 Hour Phone ..... 1-800-668-6868

OPERATION GO-HOME  
24 Hour Phone ..... 1-800-668-4663  
Re-unites street kids 17 and under with their families.

CHILD CARE/PRE-SCHOOLS

**ADVOCATE**

**POP-UP PLUS**

Advocate District School ..... 1-902-392-3900  
Maggie's Place .....667-7250

Service: Drop in Pre School Play group for Parents,  
Care givers and children. Activities include Crafts,  
Stories, Songs and Healthy Snacks.

**AMHERST**

**AMHERST PRE-SCHOOL**

Subsidized according to income  
Hertz Hall, 1 Ratchford Street  
Amherst, NS B4H 1X2.....667-7731  
Email: .....mackc@ns.sympatico.ca

**BRIGHT BEGINNINGS DAY CARE**

Subsidized according to income  
25 Park Street  
Amherst, NS B4H 2R6 .....667-7857

**HOPSCOTCH DAY CARE & PRE-SCHOOL**

70 Winston Avenue  
Amherst, NS B4H 1K5.....667-4014

**YMCA CHILD CARE**

92 Church Street  
Amherst, NS B4H 4A1.....667-9112  
.....667-2472  
Email.....ymca@ns.sympatico.ca

Service: YMCA child care offers a morning, lunch  
and after school programs for children aged 18  
months to 12 years.

**NORTHPORT**

**POP-UP PLUS**

Northport Elementary School  
RR 1,  
Northport, NS B0L 1E0.....661-2490  
Email: ..... nconprincipal@ccrsb.ednet.ns.ca  
Maggie's Place .....667-7250

Service: Drop in Pre School Play group for Parents,  
Care givers and children. Activities include Crafts,  
Stories, Songs and Healthy Snacks.

**OXFORD**

**POP-UP PLUS**

Oxford Regional Elementary .....447-4511  
Maggie's Place .....667-7250

Service: Drop in Pre School Play group for Parents,  
Care givers and children. Activities include Crafts,  
Stories, Songs and Healthy Snacks.

**PARRSBORO**

**POP-UP PLUS**

Parrsboro Regional Elementary .....254-5605  
Maggie's Place .....667-7250

Service: Drop in Pre School Play group for Parents,  
Care givers and children. Activities include Crafts,  
Stories, Songs and Healthy Snacks.

**PUGWASH**

**POP-UP PLUS**

Cyrus Eaton Elementary .....243-3900  
Maggie's Place .....667-7250

Service: Drop in Pre School Play group for Parents,  
Care givers and children. Activities include Crafts,  
Stories, Songs and Healthy Snacks.

**RIVER HEBERT**

**POP-UP PLUS**

River Hebert District Elementary .....447-4511  
Maggie's Place .....667-7250

Service: Drop in Pre School Play group for Parents,  
Care givers and children. Activities include Crafts,  
Stories, Songs and Healthy Snacks.

**SPRINGHILL**

**CUMBERLAND CAMPUS DAY CARE**

Nova Scotia Community College  
P.O. Box 550  
Springhill, NS B0M 1X0.....597-3737

**POP-UP PLUS**

Junction Road Elementary .....597-4240  
Maggie's Place .....667-7250

Service: Drop in Pre School Play group for Parents,  
Care givers and children. Activities include Crafts,  
Stories, Songs and Healthy Snacks.

**WALLACE**

**POP-UP PLUS**

Wallace Consolidated Elementary .....257-6110  
Maggie's Place .....667-7250

Service: Drop in Pre School Play group for Parents,  
Care givers and children. Activities include Crafts,  
Stories, Songs and Healthy Snacks.

**WENTWORTH**

**POP-UP PLUS**

Wallace Consolidated Elementary .....548-6400  
Maggie's Place .....667-7250

Service: Drop in Pre School Play group for Parents,  
Care givers and children. Activities include Crafts,  
Stories, Songs and Healthy Snacks.

**CHILD CARE ADVOCACY ASSOCIATION OF NS**

5594 Morris Street  
Halifax, NS B3J 1C2..... 1-902-420-1618

Service: The Child Care Association of Nova Scotia  
is a coalition of groups whose concern is the availability,  
afford ability and equality of child care in Nova Scotia.

**CHILD CARE CONNECTION**

1200 Tower Road, Suite 100  
Halifax, NS B3H 4K6..... 1-800-565-8199  
Website: ..... Email: cccns@istar.ca

Service: The Child Care Connection is a service and  
support group to the child to the development of the  
childcare field. Services they offer are newsletter,  
twice per year; introductory to office services. They  
also offer a lending library. They hold seminars on  
child care, a trade show and an annual conference  
in January.

**COMMUNITY DEVELOPMENT**

**ADVOCATE & AREA**

**ADVOCATE DISTRICT DEVELOPMENT ASSOCIATION**

93 Mills Road  
P.O. Box 38  
Advocate, NS B0M 1A0 ..... 1-902-392-2827

**AMHERST & AREA**

**AMHERST & AREA CHAMBER OF COMMERCE**

35 Church Street .....  
Amherst NS B4H 4A1..... 667-8186  
Fax.....667-2270

**AMHERST AREA DEVELOPMENT COMMISSION**

P.O. Box 238, 1 Ratchford Street  
Amherst, NS B4H 3Z4 .....667-2562  
Fax.....667-5409

**DOWNTOWN AMHERST REVITALIZATION SOCIETY**

P.O. Box 546, 35 Church Street  
Amherst, NS B4H 3Y6..... 667-3638

Service: The DARS is a downtown development organization who provides support to the Downtown business community. It offers services to existing business owners as well as new entrepreneurs who wish to locate within the Business District of Downtown Amherst. Its activities include marketing, capital projects and data collection.

**CUMBERLAND COUNTY**

**CUMBERLAND COUNTY DEVELOPMENT OFFICER**

P.O. Box 428  
Amherst, NS B4H 3Z5.....667-2313  
Email: ..... info@cumberlandcounty.ns.ca

**CUMBERLAND DEVELOPMENT CORPORATION (CDC)**

P.O. Box 487  
Amherst, NS B4H 4A1.....667-5700

Service: This is a non-profit community based business development centre that assists Cumberland County residents to establish a new business or expand an existing one. They provide financial assistance, counseling assistance, technical assistance, and co-ordinate and administer the Self Employment Assistance program.

**UMBERLAND REGIONAL ECONOMIC DEVELOPMENT ASSOCIATION (CREDA) " \ 2P.O. Box 546, 35**

Church Street  
Amherst, NS B4H 4A1.....667-3638  
Fax.....667-2270

Service: CREDA is an organization created to promote and develop a sustainable economic environment for Cumberland Region. The Association operates as a resource centre for business and community based organizations offering technical and professional skills to assist in the creation of sustainable development in Cumberland County.

**" \ 2ECONOMIC RENEWAL AGENCY**

P. O. Box 458, 35 Church Street



Amherst, NS B4H 4A1.....667-3223

Service: The Economic Renewal Agency's objective is to inspire and promote continued growth in the small business sector and to contribute to permanent job creation in Nova Scotia.

**PUGWASH & AREA**

**PUGWASH AND AREA DEVELOPMENT ASSOCIATION** P.O. Box 243Pugwash NS B0L 1L0  
243-2616Email: sun.nut@ns.sympatico.ca " **VI 2PUGWASH VILLAGE COMMISSION**

P.O. Box 220  
Pugwash NS B0K 1L0.....243-2946  
Fax.....243-2126  
Website: ..... <http://www.pugwashvillagecommission.com>

**RIVER HEBERT/JOGGINS & AREA**

**RIVER HEBERT/JOGGINS & AREA DEVELOPMENT ASSOCIATION**

Joggins NS B0L 1G0.....251-2342  
Email: .....[bernice.vance@ns.sympatico.ca](mailto:bernice.vance@ns.sympatico.ca)

**SPRINGHILL & AREA**

**SPRINGHILL AREA ECONOMIC DEVELOPMENT OFFICER/COMMITTEE**

P.O. Box 1000  
Springhill, NS B0M 1X0..... 597-8216

**SPRINGHILL CHAMBER OF COMMERCE**

P.O. Box 1030  
Springhill, NS B0M 1X0.....597-4012

**PROVINCIAL**

**CONSUMER/PUBLIC SERVICES**

**AUTUMN HOUSE (formerly Transition House)**

PO Box 1141  
41-43 Russell Street  
Amherst NS B4H 4L2 ..... **Crisis Line - 667-1200**  
Business .....667-1344  
New Directions .....667-4500  
Fax.....667-2768  
Email: ..... [cctha@ns.sympatico.ca](mailto:cctha@ns.sympatico.ca)

Service: Autumn House provides short term shelter for abused women and their children. Individual and group counselling, advocacy, referral and information services are also available for abused women, for children who have been exposed to family violence and for abusive men (New Directions Program). If you have been abused within an intimate relationship, please call us for support. If you have been abusive to your partner, please call New Directions for help in changing your behavior. Collect calls are accepted and services are available 24 hours a day, 7 days a week.

**BETTER BUSINESS BUREAU OF NOVA SCOTIA**

1888 Brunswick Street, Suite 805  
Halifax, NS B3J 3J8 ..... 1-902-422-6581  
Toll Free ..... 1-800-207-0685  
Fax..... 1-902-429-6457  
Email..... [bbbmp@bbmp.ca](mailto:bbbmp@bbmp.ca)

Service: Maintains reliability reports on firms based on information provided by the firm and the firm's experience in dealing with complaints presented to the bureau. The bureau does not practice law, make collections or provide credit information. The Canadian Motor Vehicle Arbitration Plan (TOLL FREE) a non profit organization which provides assistance in automotive disputes.

**BUSINESS & CONSUMER SERVICE (Division of Vital Statistics)**

- birth, death and marriage registration  
P. O. Box 157  
1690 Hollis St, Joseph Howe Building  
Halifax, NS B3J 2M9 ..... 1-877-848-2578  
Email..... [vstat@gov.ns.ca](mailto:vstat@gov.ns.ca)

Service: The Division is responsible for the registering of vital events occurring within the jurisdiction of the Vital Statistics Act, the Solemnization of Marriage Act, and the Change of Name Act, the registration of births, marriages and deaths.

**CHILD TAX BENEFIT** ..... 1-800-387-1193

**COBEQUID HOUSING AUTHORITY**

144 Victoria Street West  
Amherst, NS B4H 4B9.....667-8757  
Fax.....667-1680

Service: Providing low income family housing.

**CUMBERLAND EARLY INTERVENTION PROGRAM**

Box 997 Amherst,  
NS  
B4H 4E1

location: 102 East Victoria Street  
phone: (902) 667-8244  
fax: (902) 667-0661  
e-mail: [ceip@ns.sympatico.ca](mailto:ceip@ns.sympatico.ca)  
web site: [www.earlyintervention.net](http://www.earlyintervention.net)

Service: A non profit, family centred organization administered by a Community Board. It services families throughout Cumberland County who have children between birth and school entry with a developmental delay or who are at risk for delay do to conditions such as but not limited to Down Syndrome, Spina Bifida, Autism, Prematurity and Cerebral Palsy. All services are free of charge.

**ENQUIRIES SERVICES/ INFORMATION SERVICE**

Public Enquiries Officers  
1700 Granville Street, Ground Floor  
P. O. Box 1103  
Halifax, NS B3J 2X1..... 1-800-670-4357  
Website ..... <http://www.gov.ns.ca/snsmr>

Service: Source of information concerning provincial government programs and services.  
Hours: Monday to Friday 8:30 am - 4:30 pm.

**HOME CARE (SOCIAL SERVICES) .....667-0870**

**HOUSING DIVISION, DEPT OF COMMUNITY SERVICES**

144 Victoria Street  
Amherst, NS B4H 4A1.....667-1161  
Fax.....667-5679  
Website .....<http://www.gov.ns.ca/coms>

Service: Provides funding to assist with improvements to dwellings. Not restricted to people receiving Social Assistance benefits.

**HUMAN RIGHTS COMMISSION, NS**

2561 Westville Road  
P. O. Box 728  
New Glasgow, NS B2H 2P8..... 1-902-752-3086

Service: Administers and enforces the Nova Scotia Human Rights Act. The act prohibits discrimination in employment; services and facilities; accommodation; purchase or sale of property; volunteer public service; membership in a professional, business or trade association, employers or employees organization; or publication, broadcast or advertisement, based on: race; color; ethnic, national or aboriginal origin; political belief, affiliation or activity; family or marital status; religion; creed; age; sex; sexual harassment; sexual orientation; physical or mental disability; source of income or irrational fear of contracting an illness or disease. In addition to investigating and complaints, the Commission fights discrimination through Affirmative Action, Race Relations and Public Education. These divisions promote equity, effective education and harmony in our community through agreements, conferences, and training.

**INCOME SECURITY PROGRAMS**

Information Service for Old Age Security and Canada Pension Plan

1-800-277-9914

**LABOUR STANDARDS DIVISION**

5151 Terminal Road  
PO Box 697  
Halifax, NS B3J 2T8  
Phone: ..... 1-902-424-4311  
Toll free ..... 1-888-315-0110  
Fax:..... 1-902-424-0648  
e-mail.....labrstd@gov.ns.ca

Service: The function of the Labour Standards Division is to deal with inquires and complaints from the public about whether a specific employment -related problem is affected by the Labour Standards Code of this province. The matters must be under Provincial Jurisdiction. Investigations of specific employment-related situations are carried out and, if the Labour Standards Code is not being adhered to, the staff of the division takes action to ensure compliance with the code.

**MAGGIE’S PLACE - A Resource Centre for Families**

12 La Planche Street  
PO Box 1149  
Amherst, NS B4H 4L2.....667-7250  
Fax.....667-0585  
Email: ..... maggies@ns.sympatico.ca

Service: Family Resource centre that provides parenting programs, information and support for families with pre school children. Provides a parenting program Nobody’s Perfect ages from 0-6. Offers a low cost nutritional cooking program Basic Shelf. Child care is free for both programs. Offers a toy lending library. Special event programs are conducted throughout the year. Office hours are Monday-Friday 8:30-4:30.

**ALIANTELECOM**

To find a number (Information):  
Numbers in NS & PEI..... 1-902-555-1212  
Numbers outside 902 area..... 1+Area code+555-1212  
Inquiries or repair .....811

**NOVA SCOTIA POWER CORP ..... 1-800-428-6230**

**OMBUDSMAN, NOVA SCOTIA**

5670 Spring Garden Road, Suite 609  
P.O. Box 2152  
Halifax, NS B3J 3B7..... 1-800-670-1111  
Website: ..... <http://www.gov.ns.ca/ombu/>

Service: The Ombudsman deals with many

complaints. When regular government agencies do not satisfactorily resolve problems, you may ask the Ombudsman for help dealing with such problems as: Claims for social assistance benefits or Workers' Compensation, and difficulties in obtaining licenses or permits, after all other avenues of complaints have been performed. This is a free service.

**MENTAL HEALTH** .....667-3879

**PUBLIC HEALTH** .....667-3319

**REFERENCE CANADA**

Ottawa ON..... 1-800-667-3355

Service: Provides information and telephone numbers for all Federal Government departments and agencies.

**SINGLE PARENT CENTRE**

3 Sylvia Avenue..... 1-902-479-3031

Halifax, NS B3R 1J7..... 1-902-479-0508

Fax..... 1-902-477-2257

Email..... single-parent@ns.sympatico.ca

Hours:

Monday, Tuesday, Thursday,..... . 9:00 am - 4:00 pm

Wednesday ..... 1:00 pm - 8:00 pm

Friday .....Closed

Service: The Single Parent Centre is a resource centre for parents and their children offering support, education, advocacy and friendship. Programs include, Breast-feeding Support, Parent and Infant Massage and various parenting programs A monthly calendar of

Prprograms is available.

**INCOME ASSISTANCE/EMPLOYMENT SUPPORT SERVICE**

Cumberland District Office .....667-3336

Monday-Friday 8:30am - 4:30pm

Satellite in Springhill.....597-3887

Tuesday & Thursday 8:30am - 4:30pm

**WOMEN, THE NOVA SCOTIA ADVISORY COUNCIL ON THE STATUS OF**

P.O. Box 546

Amherst, NS B4H 4A1.....667-8948

Halifax Office ..... 1-800-565-8662

Service: In carrying out its duties, the Council receives submissions and suggestions from individuals and groups regarding women's issues, undertakes research, participates in programs concerning women's issues, assists women and

women's organizations in gaining access to government and other institutions by providing information and referrals where appropriate, and publishes reports, studies and recommendations. The fieldworker assists women or groups with needs or concerns, provides programming and acts as a resource person to assist in the promotion of the equality of women.

**EDUCATION AND TRAINING**

**ADULT EDUCATION SECTION , Northern Region Office**

NS Department of Education & Culture  
60 Lorne Street, Suite 3  
Truro, NS B2N 3K3 ..... 1-902-893-5988  
Fax..... 1-902-893-6104  
Website ..... <http://nsal.ednet.ns.ca>

Service: The Adult Education Section Assists individuals interested in upgrading their education. Working with community-based groups, the Section establishes upgrading programs in Cumberland County. Classes are designed based on the need of the members.

**ADULT HIGH SCHOOL**

Corner of Havelock and Spring Streets  
Amherst NS ..... 661-2482 or 597-4214

**APPRENTICESHIP SECTION**

Nova Scotia Department of Education  
60 Lorne, Suite 3  
Truro, NS B2N 3K3 ..... 1-902-893-5988

P.O. Box 578, 2021 Brunswick St  
Halifax, NS B3J 2S9..... 1-800-494-5651

Service: The Apprenticeship Division facilitates the development of skilled labour through an organized system of on-the-job and institutional training for trades for which standards have been developed.

**NS PROGRAM FOR AFRICAN NOVA SCOTIAN STUDENTS**

NS Department of Education  
PO Box 578  
Halifax, NS B3J 2S9..... 1-902-424-7534

Service: Provides financial incentive for African Nova Scotian students so they will be encouraged to continue education beyond secondary school, develop leadership potential and to meet education, career and professional objectives.....

**CHIGNECTO-CENTRAL REGIONAL SCHOOL BOARD**

Truro NS..... 1-800-770-0008

**CHIGNECTO FAMILY OF SCHOOLS**

Springhill NS.....597-4202

**COMMUNITY LIAISON OFFICE**

Amherst Regional High School  
190 Willow Street  
Amherst, NS B4H 3W5.....661-2497

Service: Books space at Amherst Regional High School, including the theater, classrooms, labs, gymnasium and fields. Register for Community

Education Courses. Answers inquiries regarding special performances, conventions and conferences.

**COMMUNITY COLLEGE- NS, CUMBERLAND CAMPUS**

PO Box 550  
Springhill NS B0M 1X0.....597-3737  
Fax.....597-8548  
Website .....<http://www.nscs.ns.ca>

Service: The Nova Scotia Community College offers training programs that respond to the needs of students, communities, business, industry and government. Some of the services available at the campus include career assessment/counseling, academic upgrading, literacy training, customized training programs for business & industry and part time courses.

**COMMUNITY EDUCATION**

Amherst Regional High School  
190 Willow Street  
Amherst NS .....661-2497

**CUMBERLAND ADULT NETWORK FOR UPGRADING**

141 Victoria Street  
Amherst NS B4H 1X9.....661-0153  
Website ..... [can-u@sympatico.ns.ca](mailto:can-u@sympatico.ns.ca)

Service: CAN-U is a non-profit Community based Learning network, which offers adult upgrading, GED preparation and tutoring.

**INCOME ASSISTANCE**

Returning to school and Career Counseling for Single Parents 667-3336

**GED APPLICATION FORMS - available from:**

Department of Education & Culture  
14 Court Street, Suite 303  
Truro, NS B2N 3H7 ..... 1-902-893-5890  
Website ..... <http://ged.ednet.ns.ca>  
Payment to write GED is \$20.00

**INTERNATIONAL TRAINING IN COMMUNICATION**

Amherst, NS .....667-3166  
Sackville, NB ..... 506-536-3186

Service: I.T.C. offers a training ground for people interested in self-improvement. It provides the opportunity to learn to communicate effectively, build self-confidence and develop skills to use at work, in the community and at home. Improvement is created through the stimulating exchange of ideas, expression of thoughts and constructive evaluation. A learn by doing approach in such areas as public speaking. Meetings are held twice a month from September to June on the second and fourth Mondays from 8:00 am to 10:00 pm.

**PROFESSIONAL SECRETARIES INTERNATIONAL**

PO Box 792, Central RPO  
Halifax, NS B3J 2V2..... 1-902-424-3278

Service: PSI is a non-profit professional organization which unites its members for the purpose of upgrading the standards of secretarial performance by means of continuing education programs.

**SCHOOLS**

Advocate ..... 1-902-392-3400  
Amherst Regional High School .....661-2540  
Brookdale Consolidated School .....661-2440  
Cyrus Eaton Elementary School .....243-3900  
E.B. Chandler .....661-2450  
Jonathan McCully Elementary School .....661-2444  
Junction Road Elementary School .....597-4240  
Northport Elementary School .....661-2490  
Oxford Elementary School ..... 447-4511  
Oxford High School ..... 447-4500  
Parrsboro Elementary School ..... 1-902-254-5605  
Parrsboro Regional High School ..... 1-902-254-5600  
Pugwash District High School .....243-3930  
R. B. Dickey School.....661-2460  
River Hebert Elementary School.....251-3205  
River Hebert High School.....251-3200  
Sir Charles Tupper Elementary .....6612494  
Springhill Jr./Sr. High School .....597-4250  
St. Charles Elementary School .....661-2420  
Wallace Elementary School ..... 1-902-257-6100  
Wentworth Elementary School..... 1-902-548-6400  
West End Memorial .....597-4240  
West Highland Elementary School.....661-2410

**STRONG' COMMUNITY DEVELOPMENT**

24 Crescent Avenue, Box 1004  
Amherst, NS B4H 3R2 .....661-0204

Service: This is a not for profit Community Literacy Project that aims is to educate and offer life skills through the Arts. Qualified tutors assist in enhancing reading, writing, math, IT and life skills in a unique



and fun environment. All is welcomes everyone and all the services are free.

**STUDENT FINANCIAL AID**

Canada Student Loans

Student Aid Office

PO Box 2290, Halifax Central

Halifax, NS B3J 3C8..... 1-902-424-8420

Toll free for NS & outside metro..... 1-800-565-8420

Fax..... 1-902-424-2058

TTY/TDD ..... 1-902-0540

Internet address .....<http://www.studentloans.ednet.ns.ca>

Email..... [stuasst@gov.ns.ca](mailto:stuasst@gov.ns.ca)

Service: Applications are available for Student Loan Programs including Canada and Nova Scotia Student Loans. Loans are available to post secondary students based on need.

**EMPLOYMENT AND LABOUR**

**HUMAN RESOURCES DEVELOPMENT CANADA**

Human Resource Centre

26-26 Prince Arthur Street

Amherst, NS B4H 1X4..... 661-660519

Unemployment Insurance Enquiries ..... 1-800-206-7218

Employers-Order Records of Employment

..... 1-800-539-5429

Information about Special Programs for

Employers .....661-6610

Fax.....661-6637

Website ..... [www.ns.hrdc-drhc.gc.ca](http://www.ns.hrdc-drhc.gc.ca)

Job Bank .....[www.jobbank.gc.ca](http://www.jobbank.gc.ca)

Service: HRC offers employment information and opportunities through the internet job bank which can be accessed from any local capsite. Assistance is available through Training Opportunities as well as a number of re-employment programs and special projects. Applications for Social Insurance Numbers, Employment Insurance, Canada Pension, Canada Pension Disability, Old Age Security and Guaranteed Income Supplement are available at the Human Resource Centre in Amherst, as well as information and assistance regarding these programs. Employers Services include information about the Employment Insurance program, and Job Creation programs, as well as free advertisement of their employment postings.

**LABOUR STANDARDS DIVISION - NS Department of Environment and Labour**

5151 Terminal Road, 5<sup>th</sup> Floor

P. O. Box 697

Halifax, NS B3J 2T8..... 1-888-315-0110

E-mail ..... [labrstd@gov.ns.ca](mailto:labrstd@gov.ns.ca)

Service: Assists employers and employees in N.S.

with questions relating to employment. Officers advise and instruct the public on the proper application of the Labour Standards Code and the Minimum Wage Order.

**NOVA SCOTIA FEDERATION OF LABOUR - WOMEN'S COMMITTEE**

c/o NS Federation of Labour  
3700 Kempt Road, Suite 225  
Halifax, NS B3K 4X8 ..... 1-902-454-6735  
Fax..... 1-902-454-7671

Service: The N.S. Federation of Labour Women's committee is a provincial body whose membership is appointed through the local unions of the provinces. Broad base of interest such as pay equity, child care, and working conditions.

**TRANSITION TO WORK (CAPA)**

26 Industrial Park Road  
Amherst NS B4H 4B9.....667-3620  
Fax.....667-0317

Service: Serve all persons with disabilities who live in Cumberland County and who are looking for employment, training, or upgrading. A full range of employment counseling services are offered at no cost. Provide information and supports on disability resources to employers and community members.

**FOOD BANKS**

**FOOD ASSISTANCE NETWORK**

5 King Street  
Amherst, NS B4H 1W7.....661-0677

Open Monday, Wednesday and Friday afternoon  
from 1:30 pm - 4:00 pm

**HOSPITALS - CUMBERLAND COUNTY**

**ALL SAINTS SPRINGHILL HOSPITAL**

10 Princess Street  
P.O. Box 700  
Springhill, NS B0M 1X0.....597-3773  
Reception .....597-2027  
Fax.....597-3440  
Website .....[www.cha.ns.health.ca](http://www.cha.ns.health.ca)

Service: All Saints is a 15 bed facility with 14 of these beds being designated for restorative care. This is care provided to clients to enable them to regain or sustain a maximum level of functioning. One of these beds is designated for palliative care. A twenty-four hour emergency service program is also offered. The hospital provides inpatient and outpatient physiotherapy, occupational therapy, x-ray and lab services. Also housed is the primary care demonstration project, assistance given from a qualified nurse

practitioner and physician. Many community outreach programs are operated throughout the year from the Day Hospital, i.e. arthritis self management, foot clinics, etc. An active outpatient department that provides specialty clinics and booked appointments. A Palliative Care Program is also operated out of this facility. The third floor of the hospital houses the Cobequid Drug Dependency Program. This is a regional drug and alcohol rehabilitation program which can be accessed by calling 597-8647

**BAYVIEW MEMORIAL HEALTH CENTRE**

Advocate Harbour, NS B0M 1A0 ..... 1-902-392-2859  
Fax..... 1-902-392-2625

Service: Currently our facility has eight Level II beds, our remaining two acute care beds are interchangeable for Palliative, Restorative, Rehabilitation, and Respite/Holding Care. Holding beds are used for those people who require observation and stabilization before being sent to a larger facility, or sent home. Blood is drawn 3 morning a week. Part time physiotherapy services, bi weekly Occupational Therapy services, and monthly Foot, Diabetic bi-monthly, and Asthma Clinics. A dietician who comes from monthly and Wellness Clinics are held. Meals-on-Wheels are provided 3 days a week. Volunteers welcome.

**CUMBERLAND REGIONAL HEALTH CARE CENTRE**

19428 Highway #2  
Amherst, NS B4H 1N6 .....667-3361  
Fax..... 667-6303

Service: C.R.H.C.C is a regional hospital, meaning it provides general acute care to residents from all of Cumberland County and south eastern New Brunswick. Has Cumberland County's only obstetrics department, offers general surgery, provides internal medicine services, and psychiatric care, respiratory service. Provides many specialty services such as ultrasound, breast examinations, x-rays, echo cardiology and ophthalmology. Provides care to acutely ill patients requiring intensive nursing and medical care. Coordinates a hospital/community-based palliative care program which offers physical and emotional support to terminally ill patients and their families. Runs ambulatory care programs aimed at preventing disease, limiting the effects of illness and promoting healthy lifestyles. Offers many more services essential to the health of our communities.

Some other clinics and programs offered, include:  
- Diabetes Education Centre

- Pre-Natal Clinics
- Pediatric Clinics
- ENT Clinics (ear, nose and throat)
- Nova Scotia Hearing and Speech Clinic
- Physiotherapy
- Orthopedic clinics

Regional education service that offers frequent community outreach programs, including - Breathe Easy (for sufferers of Chronic lung disease); Heart to Heart (for people with heart conditions).

**NORTH CUMBERLAND MEMORIAL HOSPITAL**

P.O. Box 242  
 Pugwash, NS B0K 1L0.....243-2521  
 Fax.....243-2941

Services: Three physicians on staff providing 24 hr, 7 days/wk coverage, plus on-call service; 24 hr. Out-patience emergency service; Ambulance service, lab X-Ray, Mon-Fri; 4 observation /assessment beds for up to 48 hours; palliative care for unspecified length of time as needed; dietitian weekly, twice monthly diabetic education clinic; VON foot care clinics monthly; biweekly psychiatric consultation service; ophthalmology & optometry clinics; monthly. Well Woman Clinic; Area Food Banks Storage; Weekly Mondays. Home Care Office; Heart to Heart Education Program. Physiotherapy once weekly.

**SOUTH CUMBERLAND COMMUNITY CARE CENTRE**

Parrsboro, NS B0M 1S0..... 1-902-254-2540

Service: South Cumberland Community Care Centre is a 14 bed Level II facility converted from a hospital. The Centre offers physiotherapy, occupational therapy, laboratory, radiology, dietitian, diabetic day clinic once a month, day care, foot care, out patient and emergency services. We also have two beds for restorative and palliative care. We also offer space for Drug Dependency, Family and Children Services, Transition House, psychiatry, ophthalmology, optometry.

**LEGAL SERVICES**

**AMHERST JUSTICE CENTRE**

16 Church Street, 3<sup>rd</sup> Floor  
 Amherst NS B4H 3A6.....667-2256

Service: Provincial Court, Family Court, Supreme Court (all civil matters including divorce and divorce kits), Small Claims Court, Probate Court, Sheriffs Department, and Prothonotarys Office.

**CROWN ATTORNEY**

32 Church Street  
 Amherst NS B4H 3A8.....667-4890

**ELIZABETH FRY SOCIETY**

2786 Agricola Street, Suite 217

Halifax, NS B3K 4E1 ..... 1-902-454-5041  
Toll Free ..... 1-877-619-1354  
Fax..... 1-902-455-5913  
Email..... efrymain@ns.sympatico.ca

Service: The Elizabeth Fry Society is a member of the national organization, the Canadian Association of Elizabeth Fry Societies. We work with & on behalf of women in conflict with the law, women at risk, and women in the community. Programs include: One on One Addiction Counseling, Relapse Prevention, Anger Management, Conflict Resolution. Bus tickets can be supplied. The programming offered is free.  
Hours: Monday to Friday from 8:30 am to 4:30 pm.

**LEAF (Women's Legal Education and Action Fund)**

415 Yonge Street, Suite 1800  
Toronto, On M5B 2E7 ..... 1-416-595-7170  
Toll Free ..... 1-888-824-5323  
Fax..... 1-416-595-7191  
Website ..... <http://www.leaf.ca>

Service: LEAF is a national, non profit organization which promotes equality for women, primarily using the sex equality provisions of the Canadian Charter of Rights and Freedoms. LEAF has a two fold mandate: to argue test cases before Canadian Courts, human rights commissions and government agencies on behalf of women, and to provide public education on the issue of sex equality. Intervene on behalf of women's interests.

**LEGAL AID, NOVA SCOTIA**

55 Church Street  
PO Box 262  
Amherst, NS B4H 3Z2 .....667-7544

Service: Provides free legal advice to eligible persons. Appointments required. Deals mainly with family and criminal matters, as well as services to inmates.  
Monday to Friday from 9:00 am to 4:00 pm.

**NOVA SCOTIA ASSOCIATION OF WOMEN AND THE LAW**

PO Box 34040  
Halifax, NS B3H 3S1  
National Association of Women and the Law  
Website .....<http://www.nawl.ca>  
Email..... [info@nawl.ca](mailto:info@nawl.ca)

Service: The Nova Scotia Association of Women and the Law is a regional caucus of the National Association of Women and the Law. The aims of the association are to improve the legal and social status of women through research, advocacy, and public education. Membership is open to women who share the aims of the association.

**THE LEGAL INFORMATION SOCIETY OF NS**

5523 B Young Street

Halifax, NS B3K 1Z7  
Phone ..... 1-902-454-2198  
Toll Line ..... 1-800-665-9779  
Info Line ..... 1-902-455-3135  
Website ..... <http://www.legalinfo.org>

Service: Callers can request legal information or lawyer referrals. This is not Legal Aid. Provincial Court, Family Court, Supreme Court ( all civil matters including divorce and divorce kits), Small Claims Court, Probate Court, Sheriffs Department, and Prothonotarys Office.

- Lawyer Referral Service
  - Legal Information Line
  - Offers free legal publications and tapes
- Hours: Monday - Friday 10:00 am - 3:00 pm.

### **PROBATION SERVICES**

30 Church Street  
Amherst NS B4H 3A8.....667-7278

### **R.C.M.P. DETACHMENTS:**

Amherst .....667-3859  
Parrsboro..... 1-902-254-2424  
Pugwash.....243-2181  
Oxford.....447-2525

### **TOWN POLICE STATIONS:**

Amherst ..... 667-8600 or 667-7227  
Springhill.....597-3779

### **" \ 2 LIBRARIES**

### **CUMBERLAND REGIONAL LIBRARY**

P.O. Box 220  
Amherst, NS B4H 3Z2 .....667-2549  
Office .....667-2135  
Books by mail .....667-2549  
Website .....<http://www.crl.library.ns.ca>  
Web Catalogue. [http://www.ncompass.library.ns.ca/web2/tramp2.exe./log\\_in?setting\\_key=cur\\_ep8](http://www.ncompass.library.ns.ca/web2/tramp2.exe./log_in?setting_key=cur_ep8)

### **Branches:**

Advocate ..... 1-902-392-2214  
Oxford, Water Street .....447-2440  
Parrsboro, Queen Street ..... 1-902-254-2046  
Pugwash, Old CNR Station .....243-3331  
River Hebert, Main Street.....251-2324  
Springhill, 75 Main Street .....597-2211

### **MEDICAL AND HEALTH SERVICES**

### **ADDICTION SERVICES**

.....597-8647

### **CUMBERLAND COUNTY FAMILY PLANNING**

PO Box 661  
12 LaPlanche Street  
Amherst NS B4H 4B8.....667-7500  
Website ..... <http://www.cumberland.ppfc.info>  
Email.....[ccfamplan@auracom.com](mailto:ccfamplan@auracom.com)

Service: Growing Together - a program for 9 to 12 years old and parents to attend together. Topics covered are puberty, reproduction, family communication and self-esteem (4 sessions).

Can We Talk - a program for 12 to 14 years old and parents to assist with communication on dating issues (4 sessions).

Girl Power Self Esteem Camp - a summer program for girls aged 11 to 13 years. Raising Sexually Healthy Children - a program for parents of children aged 0 to 12 years. Sexuality Resource Centre that provides a variety of services such as free pregnancy testing, sexual abuse prevention and STI's.

**PUBLIC HEALTH SERVICES, NORTHERN REGION**

18 South Albion Street  
Amherst, NS B4H 2W3.....667-3319  
Toll Free ..... 1-800-767-3319  
Fax.....667-2273

Service: The emphasis of Public Health Services, Northern Health Region is on the community and how to best meet its health needs. Within each health region a qualified team of health professionals is available to provide health expertise and to deliver community health programs and services. Together these professionals provide the following preventive health services within your community: Public Health Nursing, Nutrition, Health Education, Dental Services, Communicable Disease Control and Health Promotion, Tobacco Reduction Strategy.

**PHARMACIES**

**AMHERST**

Atlantic Superstore Pharmacy.....661-0380  
Lawton's Drug Mart .....667-8631  
**Pharmasave .....667-3784**  
Pugsley's Pharmacy.....667-3873  
Shopper's Drug Mart Pharmacy.....667-0666  
Sobeys Pharmacy .....667-3099  
Zeller's Pharmacy.....667-7442

**OXFORD**

Pharmasave .....447-3700

**PARRSBORO**

Wright's Pharmacy ..... 1-902-254-2342

**PUGWASH**

R. W. O'Brien's Pharmacy.....243-2551

**RIVER HEBERT**

River Hebert Pharmacy.....251-2777  
**SPRINGHILL**  
Ross Anderson Pharmasave .....597-8626

**MUNICIPALITIES**

**AMHERST, TOWN OF**

PO Box 516  
Amherst, NS B4H 4A1.....667-3352  
Website ..... <http://www.amherstns.com>

**OXFORD, TOWN OF**

PO Box 338  
Oxford, NS B0M 1P0.....447-2170  
Website ..... <http://www.townofoxford.com>

**PARRSBORO, TOWN OF**

PO Box 400  
Parrsboro, NS B0M 1S0..... 1-902-254-2036  
Website: ..... <http://www.town.parrsboro.ns.ca>  
Email.....town@town.parrsboro.ns.ca

**SPRINGHILL, TOWN OF**

PO Box 1000  
Springhill, NS B0M 1X0.....597-3751  
Website ..... <http://www.town.springhill.ns.ca>  
Email.....springhill@town.springhill.ns.ca

**MUNICIPALITY OF THE COUNTY OF CUMBERLAND**

PO Box 428  
Amherst, NS B4H 3Z5.....667-2313  
Website .....<http://www.cumberlandcounty.ns.ca>

**SUPPORT/ HEALTH GROUPS**

**AIDS AND SEXUAL HEALTH INFO LINE.....**

**1-800-668-2437 AIDS COALITION OF NOVA**

**SCOTIA**

1657 Barrington Street, Suite 326  
Halifax, NS B3H 2A1 ..... 1-902-421-4188  
Help line ..... 1-800-566-2437  
Website .....[www.acns.ns.ca](http://www.acns.ns.ca)  
Email.....acns@acns.ns.ca

**ALLERGY INFORMATION ASSOCIATION**

36 Morrison Street  
Fredericton, NB E3A 4M3 ..... 1-506-459-4475

Service: The Allergy/Asthma Information Association is a national organization dedicated to helping allergic individuals and their families cope with everything from the sniffles and sneezes of hay fever to life-threatening food allergies and asthma.

**ALZHEIMER SOCIETY OF NOVA SCOTIA**

5954 Spring Garden Road  
Halifax, NS B3H 1Y7 ..... 1-902-422-7961



Fax..... 1-902-422-7971  
Website ..... <http://www.alzheimer.ca>  
Email.....[info@alzheimer.ns.ca](mailto:info@alzheimer.ns.ca)

Service: The objectives of the Alzheimer Society involve providing support to people with Alzheimer's Disease, their families and/or care givers; representing these individuals before all levels of government; promoting awareness of the disease among those in the professional community and the general public and supporting and promoting research. Services are free of charge.

Alzheimer Support - Amherst .....667-3176  
Alzheimer Support - Parrsboro..... 1-902-254-2540  
Alzheimer Support - Springhill.....597-2797

Service: Provide help to people facing the challenges brought by Alzheimer Disease. By sharing information and common problems in the confidentially on a one on one basis. This support is for families, friends and care givers for them to realize they are not alone.

### **ARTHRITIS SOCIETY**

Toll Free ..... 1-800-565-2873

Service: The Cumberland County Branch of the Arthritis Society is dedicated to improving the quality of life for the many people with arthritis. Locally we have 3 public information sessions per year, (October, February, & April), The Arthritis Self Management Program and other educational materials.

### **ATTENTION DEFICIT ASSOCIATION OF NS**

Opportunity Place  
506 Sackville Dr.  
Lower Sackville, NS ..... 1-902-869-1117  
Website ..... <http://www.adans.ns.ca/ada>  
Email..... [adans@adans.ns.ca](mailto:adans@adans.ns.ca)

Service: To provide information and support to families dealing with Attention Deficit. Meetings, in services, guest speakers. Provides videos and books.

### **BEREAVEMENT SUPPORT GROUP - Healing and Hope**

Contact .....667-5400 ext 6219

### **CANCER SOCIETY, CANADIAN**

Cancer Research, Patient Services and Education.  
Amherst Unit.....667-0022  
Toll Free ..... 1-888-939-3333  
Website ..... [www.cancer.ca](http://www.cancer.ca)

Service: Patient Services provides financial and emotional support to Cumberland County cancer patients. They can help with any questions you may have concerning a friend or family member. Confidential inquiries can be made.

### **CUMBERLAND HEALTH AUTHORITY**

34 Prince Arthur Street  
Amherst, Nova Scotia  
B4H 1V6 .....661-1090  
Website ..... [www.cha.nshealth.ca](http://www.cha.nshealth.ca)

**CUMBERLAND PRE-NATAL NUTRITION PROGRAM**

Oxford NS.....447-2728

Service: Support pregnant women throughout Cumberland County by home visits and offering pre natal support through nutrition advice and counselling.

**EATING DISORDERS ACTION GROUP**

1657 Barrington Street, Suite 531

Halifax, Nova Scotia

B3J 2A1 ..... 1-866-843-3324

..... 1-902-443-9944

Fax..... 1-902-443-5680

Website ..... <http://www.e-d-a-g.com>

Email.....[info@e-d-a-g.com](mailto:info@e-d-a-g.com)

Service: Promotes healthy body image, self esteem and supports individuals who experience disordered eating. Provides support groups, educational workshop and presentations on disordered eating, a resource centre and lending library.

**INFORM AIDS**..... 1-800-566-2437

Website .....[www.acns.ns.ca](http://www.acns.ns.ca)

Email..... [acns@acns.ns.ca](mailto:acns@acns.ns.ca)

Hours: Monday to Friday from 10:00 am - 4:00 pm

Service: Staffed by volunteers, offers telephone or in-person counseling, support, or referral to women with AIDS. Provincial wide women’s aids project.

**KIDNEY FOUNDATION OF CANADA**

Nova Scotia Branch..... 1-902-429-9298

Amherst Chapter .....667-9720

Website ..... [www.kidney.ca](http://www.kidney.ca)

Email..... [kidney@ns.aliantzinc.ca](mailto:kidney@ns.aliantzinc.ca)

Service: The Kidney Foundation of Canada is a National voluntary health organization dedicated to the eradication of kidney diseases and related disorders. The Foundation provides emotional, educational and material support for patients, their families, and friends; supports patients rights to high quality care and treatment; provides information on prevention, diagnosis and treatment of kidney diseases and related disorders to the public-at-risk; supports excellence in research and plays a leadership role in the promotion of organ donation.

**LUNG ASSOCIATION , NS**

17 Alma Crescent

Halifax, NS B3H 3E6 ..... 1-902-433-8141

Cumberland Branch .....1-800-566-LUNG (5864)

Fax..... 1-902-455-2573

Website ..... <http://www.ns.lung.ca>

Email.....[info@ns.lung.ca](mailto:info@ns.lung.ca)

Service: The Lung Association of Nova Scotia is a volunteer driven charitable health organization striving to improve quality of life by controlling and preventing lung disease through research, advocacy, patient services and education.

**MAGGIE'S PLACE - A Resource Centre for Families**

12 La Planche Street  
PO Box 1149  
Amherst, NS B4H 4L2 .....667-7250  
Fax.....667-0585  
Email: ..... maggies@ns.sympatico.ca

Service: Family Resource centre that provides parenting programs, information and support for families with pre school children. Provides a parenting program Nobody's Perfect ages from 0-6. Offers a low cost nutritional cooking program Basic Shelf. Child care is free for both programs. Offers a toy lending library. Special event programs are conducted throughout the year. Office hours are Monday-Friday 8:30-4:30.

**MIDWIFERY COALITION OF NOVA SCOTIA**

2029 Kline Street  
Halifax, NS B3L 2X4  
Contact (Answering Machine) ..... 1-902-479-0855  
Website ..... www.mcns.chebucto.org

Service: Society of consumers and health care professionals who are working to establish midwifery as a self-regulating profession. Their aims include education of the public, promotion of and participation in development of midwifery legislation, support of the professional body of midwives, and liaison with other midwifery organizations.

**MIDWIVES, ASSOCIATION OF NOVA SCOTIA**

232 Main Street  
Wolfville, NS B4P 1C4..... 1-902-434-9882

Service: Midwives provide total care during the childbearing year. Midwives have traditionally provided continuous physical and emotional support in a variety of settings including hospitals, birthing centres and clients homes. Following the progress of mother and baby in the Pre Natal, Post Natal stages are fundamental to midwifery care.

**MORGENTALER CLINIC , HALIFAX**

5730 McCully Street  
Halifax, NS B3K 1R3 ..... 1-902-455-9865

Hours: Monday to Thursday from 9:00 am - 4:00 pm,  
with an after-hours answering machine.

Service: Provides abortion services in a supportive environment. Contraceptive counseling by appointment. Information and referral on all options related to an unwanted pregnancy. Fees vary. No age limitation, and parental consent not required.

**M.S.I., NS**

Nova Scotia Medical Services Insurance  
P.O. Box 500  
Halifax, NS B3J 2S1 ..... 1-902-496-7008  
Toll Free ..... 1-800-563-888  
Email.....msi\_inquiry@atl.blucross.ca

**MUSCULAR DYSTROPHY ASSOCIATION OF CANADA, THE (MDAC)**

1888 Brunswick Street, Suite 804  
Halifax, NS B3J 3J8 ..... 1-902-429-6322  
Toll Free ..... 1-800-884-6322  
Fax..... 1-902-425-4226  
Website ..... <http://www.mdac.ca>  
Email..... [infoatlantic@mdac.ca](mailto:infoatlantic@mdac.ca)

Service: The Muscular Dystrophy Association of Canada provides support services that assist individuals and families affected with neuromuscular disorders; funds research that will ultimately result in discovering the causes, treatments, and cures for muscular dystrophy and other neuromuscular disorders; and provide information to clients, families, health care professionals, and the general public as to the nature and management of neuromuscular disorders. Monday-Friday 8:30am-4:30pm

**MULTIPLE SCLEROSIS SOCIETY OF CANADA**

Cumberland Branch .....667-7177  
Dartmouth Office ..... 1-800-268-7582  
Website ..... [www.mssociety.ca](http://www.mssociety.ca)

Service: Provides a self-help support group for anyone with M.S. Contact the Cumberland branch for support or information on meetings.

**OSTEOPOROSIS SOCIETY -NOVA SCOTIA CHAPTER**

127 Central Avenue  
Halifax, Nova Scotia B3N 2J1  
Information Line..... 1-800-463-6842

Service: This information line is part of Changes: Choices and Challenges, and educational program of the Osteoporosis Society of Canada.

**PARKINSON SOCIETY-MARITIME REGION**

5991 Spring Garden Rd, Suite 290  
Halifax, NS B3K 1Y6 ..... 1-800-663-2468  
Halifax Area ..... 1-902-422-3656  
Toll Free ..... 1-800-565-3000  
Website ..... <http://www.parkinsonsocietymaritimes.ca>  
Email..... [gailgardener@parkinsonsocietymaritimes.ca](mailto:gailgardener@parkinsonsocietymaritimes.ca)

Service: The Foundation helps persons and families cope with the effects of Parkinson and raises funds for Parkinson research.

**PUGWASH & AREA COMMUNITY HEALTH, THE**

c/o North Cumberland Memorial Hospital  
PO Box 242  
Pugwash, NS B0K 1L0.....243-2521

Service: A community , based group of citizens concerned with Primary Health Care, and issues related to health in Pugwash and surrounding areas of Wallace, Malagash, Wentworth, Westchester, Oxford, Northport & Linden.

## **SCHIZOPHRENIA SOCIETY OF NOVA SCOTIA**

Simpson Hall, Rooms 408-410  
Nova Scotia Hospital  
P.O Box 1004  
Dartmouth, NS B2Y 2Z9 ..... 1-800-465-2601  
Cumberland County Contact.....597-3234  
Website ..... <http://www.nsnet.org/valleyssns/#4>  
Email.....[ssns@sympatico.ns.ca](mailto:ssns@sympatico.ns.ca)

Service: The Schizophrenia Society of Nova Scotia is a non Profit organization that provides education and support for those affected by schizophrenia and their families.

## **SELF HELP CONNECTION**

63 King Street  
Dartmouth, NS B2Y 2R7 ..... 1-902-466-2011  
Fax..... 1-902-466-3300  
Website .<http://www.selfhelpconnection.ca/programs.htm>  
Email..... [info@selfhelpconnection.ca](mailto:info@selfhelpconnection.ca)  
Hours: Monday to Friday from 8:30 am to 4:30 pm

Service: A program for self-help resource development. Concerned with assisting individuals to define and meet their health needs in a supportive environment. Publishes a self-help manual, directory and a quarterly news letter available by request.

## **SERVICES FOR SEXUAL ASSAULT SURVIVORS**

Avalon Centre  
5475 Spring Garden Road, Suite 501  
Halifax, NS B3J 1G6 ..... 1-902-422-4240  
Crisis Line (4:30 pm to 8:00 am)  
Weekends 24 hours ..... 1-902-425-0122  
Fax..... 1-902-422-4628  
Email..... [avaloncenter@eastlink.ca](mailto:avaloncenter@eastlink.ca)

Service: Provides short term crisis intervention through peer support. Offers crisis intervention services on a 16-hour basis; intervention for female victims of sexual assault; emotional support and options for help; support for victim's friends/relatives; consultation to community services; public information and education; victim self-help groups; and groups for parents of sexually abused children. Serves individuals age 16 and older.

## **SEXUAL ABUSE SURVIVORS**

Cumberland Mental Health Services  
33 Havelock Street  
Amherst, NS B4H 4W1.....667-3879  
Referral through family Doctor

Service: To raise self-esteem, cope with past abuse, and assist members to deal effectively with their lives now.

## **SPINA BIFIDA ASSOCIATION OF NOVA SCOTIA (SBANS)**

PO Box 341  
Coldbrook, NS B4R 1B6 ..... 1-800-304-0450  
Fax..... 1-902-679-1433  
Email..... [spina.bifida@ns.sympatico.ca](mailto:spina.bifida@ns.sympatico.ca)

Service: SBANS is a non-profit charitable organization affiliated with the Spina Bifida Association of Canada. The primary purpose of SBANS is to enhance the quality of life for all individuals born with spina bifida and/or hydrocephalus and for their families. SBANS is dependent on charitable donations and raises funds for education material for its members and other interested persons; research; special needs equipment; scholarships; and financial assistance for families in need. We are helping people with spina bifida to cope with

their handicap, achieve independence and integrate into the social mainstream.

**WELL WOMAN CLINICS**

All Saints Springhill Hospital

P.O box 3560  
Springhill NS, B0M 1x0 .....597-2943  
Tuesday and Wednesday

Service: Provides pap test, breast examination, blood pressure/weight . Counseling on: Sexuality and you, Arthritis, P.M.S./menopause, nutrition, alcohol and drug abuse, diabetes. Calcium Supplements, osteoporosis Birth Control, breast self-exam education, disease prevention.

North Cumberland Memorial Hospital

Pugwash, Nova Scotia .....243-2521  
Fax.....243-2941  
Monthly.

Service: Pap smears, breast examinations, pelvic examinations, urinalysis, hemoglobin, blood pressure checks, height and weight, Dietitian on site. There are many information displays, sponsored by N.C.M.H. Auxiliary and any other concerns women may have.

**SPECIAL INTEREST**

**CAMP TIDNISH**

Abilities Foundation of NS  
3670 Kempt Road  
Halifax, NS B3K 4X8 ..... 1-902-453-6000 ext 2227  
Website GOTOBUTTON BM\_|\_ <http://www.ablitiesfoundation.ns.ca>  
GOTOBUTTON BM\_\_ Email [camping@ablitiesfoundation.ns.ca](mailto:camping@ablitiesfoundation.ns.ca)

Service: Owned and maintained by the Amherst Rotary Club and administered by the Abilities Foundation of NS. Provides a residential Camping opportunity for adult teens and children with physical disabilities and mental challenges. A registered nurse is in full-time attendance. Cost: There is a camp fee and transportation costs but no person is refused because of an inability to pay.

**CANADIAN ASSOCIATION FOR COMMUNITY LIVING**

( Bridge Work Shop)  
10 Croft Street  
Amherst, NS B4H 2Z4.....667-8433  
Email.....[bworkshop@ns.sympatico.ca](mailto:bworkshop@ns.sympatico.ca)

Service: A voluntary non-profit organization devoted to improving the lives of individuals who are challenged by a mental handicap. Provides the following programs: Bridge Workshop; Pre-Vocational/Vocational; Group Home for eight adults, supervised apartment, summer recreation program for youth 13-20 years old, winter recreation program for adults, Special Olympics and Small Options.

**CANADIAN PENSIONERS CONCERNED INC.**

Suite 216,  
7075 Bayers Road Shopping Centre  
Halifax, NS B3L 2C1 ..... 1-902-455-7684

Website ..... www3.ns.sympatico.ca  
Email.....cpc@ns.sympatico.ca  
Monday to Friday 10:00am-4:00pm  
(reduced Summer Hours)

Service: Canadian Pensioners Concerned is a social action group that addresses the issues affecting older Nova Scotians, their families and Care givers. Issues include: Housing, Pensions, Health Care, Finances, Abuse, Transportation, Legal issues. The Organization produces publication, organizes research, educational material.

**CULTURAL FEDERATIONS OF NOVA SCOTIA**

1113 Maginal Street  
Halifax, NS B3J 4P7 ..... 1-902-425-6373  
Email..... cfns@hfx.eastlink.ca

Service: The Cultural Federations of Nova Scotia is an alliance of eight cultural organizations which has as objectives: 1) to promote the growth and quality of arts and culture, 2) to increase general cultural awareness in Nova Scotia and 3) to speak with a unified voice on behalf of its members. The member organizations all have their headquarters in the central office where a diversity of information on arts and culture is available. Members are: Visual Arts Nova Scotia, N.S. Designer Crafts Council, Theatre NS, Writers Federation of N.S., N.S. Choral Federation, Dance Association of Nova Scotia, Multi-cultural Association of N.S. and Federation of Nova Scotian Heritage.

**CUMBERLAND AFRICAN NOVA SCOTIAN ASSOCIATION (CANSА)**

234 Church Street  
Amherst NS B4H 3C9 .....661-1509  
Fax.....661-4062  
Email.....cansa@ns.sympatico.ca

Service: To enhance capacity building, improve and enhance cultural identity and to promote business and community development.

**DISABLED, CUMBERLAND EQUAL RIGHTS FOR THE**

PO Box 576  
Amherst, NS B4H 4B8.....667-1237  
or ..... 667-8721

Service: Affiliated with the NS League for Equal Opportunity, this is a cross-disability consumer and public education organization whose members include those with all types of disabilities: mobility, sensory and invisible disabilities (e.g., diabetes, emphysema, arthritis, epilepsy, etc.). This is an umbrella organization through which the disabled voice their concerns at the municipal and provincial level.

**GRANDPARENT RIGHTS FOR NOVA SCOTIA**

156 Nordic Crescent  
Lower Sackville, NS B4C 2E6..... 1-902-865-5172  
Cumberland County ..... 1-902-257-2974

Service: Grandparent Rights for Nova Scotia exists to advocate, promote support and assist grandparents and their families in either maintaining or re-establishing family ties and stability, especially those ties between grandparents and grandchildren, in situations where the family has been disrupted by parental divorce. Meetings are held monthly.

**HOME OF THE GUARDIAN ANGEL**

2893 Agricola Street  
Halifax, NS B3K 4E8 ..... 1-902-422-7548  
Fax..... 1-902-492-4547

Email..... hga@ns.aliantzinc.ca  
Hours: Monday to Thursday from 9:00 am to 4:00 pm

Service: Provides an adoption agency, counseling and a Single Parent Centre. The services include counseling by social workers, adoptive services, post-placement services for birth parents, adoptive parents and adopted individuals and post-abortion counseling for women and their partners.

**INTERNATIONAL WOMEN'S DAY COMMITTEE**

c/o Autumn House  
P. O. Box 1141  
Amherst, NS B4H 4L2 .....667-1344  
Email.....cctha@ns.sympatico.ca

Service: A volunteer committee of women from the area who plan events to mark March 8th, International Women's Day.

**MAGGIE'S PLACE**

12 La Planche Street,  
P.O. Box 1149  
Amherst, NS B4H 4L2 ..... 667-7250

Service: Provides a parenting programs, low cost nutritional cooking programs, offers a toy lending library. Special event programs throughout the year.

**MORGENTALER CLINIC**

5730 McCully Street  
Halifax, NS B3K 1R3 ..... 1-902-455-9865  
Website ..... www.morgentaler.com  
Email.....lexogesthfx@eastlink.ca  
Hours: 9:00 am - 5:00 p.m, Monday - Friday,  
with after-hours answering machine.

Service: Provides abortion services in a supportive environment. Contraceptive counseling by appointment. Information and referral on all options related to an unwanted pregnancy. Fees vary. No age limitation, and parental consent not required.

**NDP WOMEN'S RIGHTS COMMITTEE**

1660 Hollis Street, Suite 1006  
Halifax, NS B3J 1V7 ..... 1-902-424-4134  
or 1-902-423-9217  
Cumberland County Contact.....667-2921

Service: A committee that addresses the concerns of women on a province wide basis. Lobbies on their behalf with both provincial and federal government agencies. Meets four times a year.

**NOVA SCOTIA NATIVE WOMEN'S ASSOCIATION**

PO Box 805  
Truro, NS B2N 5E8 ..... 1-902-893-7402  
Fax..... 1-902-897-7162  
Website ..... http://www.nwac-hp.org

Service: The Nova Scotia Native Women's Association is a political organization representing Micmac women in Nova Scotia in social, cultural, and economic areas. They stimulate and foster Micmac culture in areas of arts and crafts, folklore, cultural tradition and all other aspects of Micmac heritage.



**NOVA SCOTIA WOMEN'S LIBERAL COMMISSION**

1660 Hollis Street, Suite 1202  
Halifax, NS B3J 2T3 ..... 1-902-429-1993  
Email..... office@liberal.ns.ca  
Hours Monday-Friday 8:30am - 4:30pm

Service: The N.S. Women's Liberal Commission has 11 regional representatives constituting the caucus. Represents the 11 federal ridings of our region. Also represents the Nova Scotia women federally.

**PARENTS, FAMILY AND FRIENDS OF LESBIANS & GAYS**

14 Devon Avenue  
Sackville New Brunswick, E4I 3W2..... 506-536-4245  
.....667-2635  
Website ..... www.pflag.ca

Service: PFLAG Canada is a nation wide organization that provides support, education and resources on issues of sexual orientation and gender identity.

**PROGRESSIVE CONSERVATIVE WOMEN'S ASSOCIATION OF NOVA SCOTIA**

1660 Hollis Street, Suite 801  
Centennial Building  
Halifax, NS B3J 1V7 ..... 1-902-429-9470  
..... 1-902-423-2465  
Website ..... http://www.pcparty.ns.ca

Service: Promotes the Progressive Conservative Party and the education and equality of women. Educates women in the election process. Helps women take a more active role in the national, provincial and communities where they live.

**RAINBOW SPIRIT-FAMILY PRIDE CAMPING ASSOCIATION**

3045 Robie Street, Suite 121  
Halifax, NS ..... 1-902-455-0186  
Website ..... http://www.fpca.ca  
Email.....info@fpca.ca

Service: Rainbow Spirit is a unique summer camp experience for the children of Lesbian, Gay, Bisexual and Transgendered parents offered by the Family Pride Camping Association. FPCA is dedicated to providing positive and safe recreational experiences in an environment where the children can be openly proud of their families.

**STEPPING STONE ASSOCIATION**

2224 Maitland Street  
Halifax, NS B3K 2Z9.....1-902-420-0103  
Fax..... 1-902-422-9665  
Email..... steppingstone@navnet.net

Service: Stepping Stone Association is a user directed non profit organization that supports individuals in the sex trade by contributing to their health, safety and well being. The service population consists of women or men, currently or formerly in the sex trade and youth at risk of becoming involved in the sex trade.

**WOMEN , THE NOVA SCOTIA ADVISORY COUNCIL**

**ON THE STATUS OF**

Nova Scotia Advisory Council on the Status of Women  
PO Box 546  
Amherst, NS B4H 4A1 ..... 667-8948  
Halifax Office ..... 1-800-565-8662

Service: In carrying out its duties, the Council receives submissions and suggestions from individuals and groups regarding women's issues, undertakes research, participates in programs concerning women's issues, assists women and women's organizations in gaining access to government and other institutions by providing information and referrals where appropriate, and publishes reports, studies and recommendations. The fieldworker assists women or groups with needs or concerns, provides programming and acts as a resource person to assist in the promotion of the equality of women.

**ZONTA CLUB OF AMHERST AREA**

Amherst ..... 661-1377  
Group Meets every third Wednesday of the Month.  
Website ..... <http://www.zontadistrict1.org>  
Alternate Website ..... <http://www.zonta.org>  
Email ..... [follini@ns.sympatico.ca](mailto:follini@ns.sympatico.ca)

Service: Zonta International is a worldwide service organization of executives in business & the professions working together to advance the status of women. Founded in 1919, Zonta currently has approximately 33,000 members in over 1,200 clubs in 70 countries.