

# EASTERN REGION

## Advocacy

### **Accessible Nova Scotia**

1 (866) 696-7536 (toll free)

info@accessiblens.ca

www.accessiblens.ca

*A group of individuals, businesses, government representatives, and organizations who share a common vision of Nova Scotia as an accessible destination for both residents and visitors.*

### **Cape Breton Family Place Resource Centre**

902-562-5616

Fax: 902-562-8528.

*www.familyplace.ca Click on 'Counties' and select the county to find a program or service provided in your area. Offered in all four counties of Cape Breton.*

### **Deafness Advocacy Association of Nova Scotia**

1666 Hollis Street, Suite 803

Halifax, NS B3J 1V7

425-0240

TTY/videophone: 425-0119

Fax: 429-9312

daans@ns.sympatico.ca

*Promotes rights, needs, and equal access for deaf and hard of hearing Nova Scotians.*

### **Early Intervention Nova Scotia**

www.earlyintervention.net: Click 'Resources' tab on top menu and then click 'Your Area' to find a program near you.

There are 21 early intervention programs throughout Nova Scotia.

### **Equal Education Association of Nova Scotia**

860-1759

info@eeans.com

www.eeans.com

*Non-profit association that advocates educational rights on behalf of all children with learning disabilities in Nova Scotia.*

### **Nova Scotia Disabled Persons Commission**

Dartmouth Professional Centre

277 Pleasant Street, Suite 104

Dartmouth, NS B2Y 4B7

424-8280

1 (800) 565-8280 (toll free within Nova Scotia)

www.gov.ns.ca/dis

*Gives people with disabilities a way to participate in the provincial government policy-making process, and advises policy-makers and program-developers about the needs of people with disabilities and the issues and concerns that affect the lives of people with disabilities.*

**SpecialLink: The National Centre for Child Care Inclusion**

76 Cottage Road  
 PO Box 775  
 Sydney, NS B1P 6G9  
 562-1662  
 1 (866) 902-6333 (toll free)  
 Fax: 539-9117  
[www.speciallinkcanada.org](http://www.speciallinkcanada.org)

*Increases quality and quantity of opportunities for young children with disabilities to fully participate in community programs.*

**Sydney Nova Scotia Child Daycare Providers**

[www.daycarecanada.com/directory/canada/novascotia/sydney/c6393.aspx](http://www.daycarecanada.com/directory/canada/novascotia/sydney/c6393.aspx)

*To view child daycare providers in Sydney, select one of the centres.*

## Child Development

**Child Care Connection Nova Scotia**

1200 Tower Road, Suite 100  
 Halifax, NS B3H 4 6  
 423-8199  
 1 (800) 565-8199 (toll free)  
 Fax: 492-8106  
[info@cccns.org](mailto:info@cccns.org)  
[www.cccns.org](http://www.cccns.org)

*Resource library and referrals based on specific child-care issues. Website allows search of facilities by region.*

**Harbourview Montessori**

290 Murphy Road  
 Sydney, NS B1R 1W8  
 Mailing address: 69 Lennox Drive  
 Sydney, NS B1S 1T7  
 539-8884  
 Fax: 539-8884  
[admin@harbourviewmontessori.ca](mailto:admin@harbourviewmontessori.ca)  
[www.harbourviewmontessori.ca](http://www.harbourviewmontessori.ca)

*Children's House program for ages three to six years. Elementary education for ages 6 to 12 years.*

**La Centre preschoolaire de La Picasso**

3435 Route 206  
 Petit de Grat, NS B0E 2L0  
 226-3319  
 Fax: 226-0549  
 Alvin Berthier, directrice  
[directrice@lapicasse.ca](mailto:directrice@lapicasse.ca)  
[prescolaire@lapicasse.ca](mailto:prescolaire@lapicasse.ca)

*French-language day-care centre.*

**St Peter's/Isle Madame Daycare Centre Administration Office**

3250 Highway 320  
 PO Box 494  
 D'Escousse, NS B0E 1 0  
 226-2481

St. Peter's Early Childhood Education Centre  
 9366 Pepperall Street  
 St. Peter's, NS B0E 3B0  
 535-3446

Isle Madame Daycare Centre  
 3250 Highway 320  
 D'Escousse, NS B0E 1 0  
 226-0399

*Provides subsidized spaces.*

**To n Daycare Centre**

15 Second Street  
 Glace Bay, NS B1A 4E9  
 849-6086  
 Fax: 842-0655

*Integrated day-care facility.*

## Education

**APSEA Atlantic Provinces  
Special Education Authority**

5940 South Street  
 Halifax, NS B3H 1S6  
 424-8500  
 Fax: 424-0543  
 www.apsea.ca

*Serves children and youth who are deaf, hard of hearing, deafblind, blind, or visually impaired.*

APSEA—Services for students who are blind or visually impaired.

John McConnell, director, mcconnellj@apsea.ca

APSEA—Services for students who are deaf or hard of hearing.

Joan Skinner, director, skinnerj@apsea.ca

**Cape Breton Victoria Regional  
School Board**

275 George Street  
 Sydney, NS B1P 1J7  
 564-8293  
 Fax: 564-0123  
 www.cbv.ns.ca

**Conseil Scolaire Acadien Provincial  
Acadian Provincial School Board**

CP 88  
 Saulnierville, NE B0W 2 0  
 9248 Route 1, La Butte  
 Meteghan River, NE B0W 2L0  
 769-5458  
 1 (888) 533-2727 (toll free)  
 Fax: 769-5459  
 www.csap.ednet.ns.ca

*School board responsible for administration of French Acadian schools in the province.*

**Equal Education Association  
of Nova Scotia**

860-1759  
 info@eeans.com  
 www.eeans.com

*Non-profit association that advocates educational rights on behalf of all children with learning disabilities in Nova Scotia.*

**Strait Regional School Board**

16 Cemetery Road  
 Post Hastings, NS B9A 1 6  
 625-2191  
 1 (800) 650-4448  
 Fax: 625-2281  
 srsb@srsb.ca  
 www.srsb.ca

## Financial Services

### **Canada Revenue Agency Sydney District Office**

47 Dorchester Street  
PO Box 1300  
Sydney, NS B1P 6 3  
1 (800) 387-1193 (toll free)  
Fax: 564-3095  
[www.cra-arc.gc.ca](http://www.cra-arc.gc.ca)

*Provides information on child and family tax benefits.*

### **Nova Scotia Department of Community Services Income Assistance**

PO Box 2561  
Halifax, NS B3J 3N5  
1 (877) 424-1177 (toll free)  
424-4150  
Fax: 424-0578  
[www.gov.ns.ca/coms](http://www.gov.ns.ca/coms): Select  
Employment Support Financial  
Assistance and then Income Assis-  
tance from the Programs section.

*Provides income assistance to those in need.*

## Government Agencies and Departments

### **Access Nova Scotia Port Ha kesbury**

Service Nova Scotia and Municipal  
Relations  
Provincial Building  
218 MacSween Street, Suite 22  
Port Hawkesbury, NS B9A 2J9  
1 (800) 670-4357 (toll free)  
[askus@gov.ns.ca](mailto:askus@gov.ns.ca)  
[www.gov.ns.ca/snsmr](http://www.gov.ns.ca/snsmr)

*Provides hands-on information,  
forms, applications, and various  
services, which vary from centre  
to centre.*

### **Aboriginal Affairs and Northern Development Canada**

1 (800) 567-9604  
[infopubs@aadnc-aandc.gc.ca](mailto:infopubs@aadnc-aandc.gc.ca)

### **i kmaq Family Children s Services of Nova Scotia**

76 Logan Drive  
PO Box 7142  
Eskasoni, NS B1W 1A2  
1 (800) 565-8300 (toll free)

**Municipality of the County  
of Inverness**

PO Box 179  
Municipal Building  
375 Main Street  
Port Hood, NS B0E 2W0  
787-2274  
Fax: 787-3110  
Kate Beaton,  
chief administrative officer  
kate.beaton@invernesscounty.ca  
www.invernesscounty.ca

**Nova Scotia Department of  
Community Services Adoption  
Disclosure Service Program  
Halifax District Office**

6009 Mainpool Road, Suite 701  
Halifax, NS B3 5J7  
424-2755  
Fax: 424-9424  
www.gov.ns.ca/coms  
Select Support for Children, Youth  
Families, then Adoption, and  
then Adoption Disclosure.

*Maintains a Passive Adoption  
Registry and conducts searches for  
adoptees and birth families. Assists  
with issues related to Adoption  
Information Act.*

**Nova Scotia Department of  
Community Services Direct  
Family Support**

5675 Spring Garden Road  
PO Box 696  
Halifax, NS B3J 2T7  
424-0932  
Fax: 424-0708  
www.gov.ns.ca/coms/disabilities/

*Provides support and services  
to both children and adults with  
disabilities who live at home with  
their families.*

**Nova Scotia Department of  
Community Services Eastern  
Regional Office**

Provincial Building  
360 Prince Street  
Sydney, NS, B1P 5L1  
563-3302  
F: 563-5693  
www.gov.ns.ca/coms/ Select the  
region from the map to find your  
district office.

**Nova Scotia Department of  
Community Services Family  
and Community Supports Division**

Nelson Place  
5675 Spring Garden Road, 5th Floor  
PO Box 696  
Halifax, NS B3J 2T7  
1 (866) 259-7780 (toll-free number  
for Nova Scotia Adoption  
Information Line)  
424-4279  
Fax: 424-0708  
www.gov.ns.ca/coms

**Nova Scotia Department of  
Community Services  
Glace Bay District Office**

Senator's Place, 3rd Floor  
633 Main Street  
Glace Bay, NS B1A 6J3  
842-4000  
Fax: 842-4067  
[www.gov.ns.ca/coms](http://www.gov.ns.ca/coms)

**Nova Scotia Department of  
Community Services  
North Sydney District Office**

Parsons Building  
184 Commercial Street  
North Sydney, NS B2A 3Y7  
794-5110  
Fax: 794-5171  
[www.gov.ns.ca/coms](http://www.gov.ns.ca/coms)

**Nova Scotia Department of  
Community Services  
Port Hawkesbury District Office**

Provincial Building  
218 MacSween Street, Unit 3  
Port Hawkesbury, NS B9A 2J9  
625-0660  
Fax: 625-4021  
[www.gov.ns.ca/coms](http://www.gov.ns.ca/coms)

**Nova Scotia Department  
of Community Services  
Sydney District Office**

Provincial Building  
360 Prince Street, Suite 25  
Sydney, NS B1P 5L1  
563-3300  
Fax: 563-0516  
[www.gov.ns.ca/coms](http://www.gov.ns.ca/coms)

**Nova Scotia Dept of Community  
Services Regional Resources  
Eastern Region**

360 Prince Street, Suite 25  
Sydney, NS B1P 5L1  
563-5736  
[macdoaj@gov.ns.ca](mailto:macdoaj@gov.ns.ca)

*Using PRIDE core in-service Modules, the program provides competency based training to foster and adoptive resource families designed to strengthen foster and adoptive care. PRIDE Core builds upon competencies learned in PRIDE Pre-service training. For more info on Module descriptions, topics, key concepts, and registration please visit [www.gov.ns.ca/coms/families/fostercare/](http://www.gov.ns.ca/coms/families/fostercare/); PRIDE training schedule.*

**Nova Scotia Office of  
the Ombudsman**

5670 Spring Garden Road, Suite 700  
PO Box 2152  
Halifax, NS B3J 3B7  
424-6780  
1 (800) 670-1111 (toll free)  
Fax: 424-6675  
[ombudsman@gov.ns.ca](mailto:ombudsman@gov.ns.ca)  
[www.gov.ns.ca/ombu](http://www.gov.ns.ca/ombu)

*Handles complaints against provincial and municipal government agencies and departments.*

**Richmond County**

2357 Highway 206  
PO Box 120  
Arichat, NS B0E 1A0  
226-2400  
Fax: 226-1510  
[www.richmondcounty.ca](http://www.richmondcounty.ca)

**Service Canada Call Centre**

1 (800) O CANADA (622-6232)  
 (toll free)  
 TTY: 1 (800) 926-9105 (toll free)  
 Fax: (613) 941-1827  
[www.canada.ca](http://www.canada.ca)

*Primary access point to find information on federal government services.*

**Service Canada Glace Bay Office**

Senator's Place  
 633 Main Street, Suite 101  
 Glace Bay, NS B1A 6J3  
 842-2414  
 TTY: 1 (800) 622-6232 (toll free)  
 Fax: 842-2655  
 El Fax: 564-7837  
[www.servicecanada.gc.ca](http://www.servicecanada.gc.ca)

*Provides financial benefits, job-related services, and Social Insurance Number applications.*

**Service Canada Inverness Office**

15926 Central Avenue  
 PO Box 520  
 Inverness, NS B0E 1N0  
 258-2301  
 TTY: 1 (800) 622-6232 (toll free)  
 Fax: 258-3036  
[www.servicecanada.gc.ca](http://www.servicecanada.gc.ca)

*Provides financial benefits, job-related services, and Social Insurance Number applications.*

**Service Canada North Sydney Office**

105 King Street  
 North Sydney, NS B2A 3S1  
 794-5715  
 TTY: 1 (800) 622-6232 (toll free)

Fax: 794-5724  
[www.servicecanada.gc.ca](http://www.servicecanada.gc.ca)  
*Provides financial benefits, job-related services, and Social Insurance Number applications.*

**Service Canada Port Hawkesbury Office**

Shediac Shopping Centre  
 811 Reeves Street, Unit 8  
 Port Hawkesbury, NS B9A 2S4  
 625-4115  
 TTY: 1 (800) 622-6232 (toll free)  
 Fax: 625-4137  
[www.servicecanada.gc.ca](http://www.servicecanada.gc.ca)

*Provides financial benefits, job-related services, and Social Insurance Number applications.*

**Service Canada Sydney Office**

15 Dorchester Street  
 PO Box 850  
 Sydney, NS B1P 6J3  
 564-2570  
 TTY: 1 (800) 622-6232 (toll free)  
 Fax: 564-7104

*Provides financial benefits, job-related services, and Social Insurance Number applications.*

**Service Nova Scotia and Municipal Relations Public Enquiries**

Mailroom, 8 South, Maritime Centre  
 1505 Barrington Street  
 Halifax, NS B3J 3 5  
 424-5200  
 1 (800) 670-4357 (toll free)  
 Fax: 424-0720  
[askus@gov.ns.ca](mailto:askus@gov.ns.ca)  
[www.gov.ns.ca/snsmr/secure/contact/Default.asp?bhcp=1](http://www.gov.ns.ca/snsmr/secure/contact/Default.asp?bhcp=1)

*Information on provincial government programs, policies, and initiatives.*

**Town of Mulgrave**

457 MacLeod Street  
PO Box 129  
Mulgrave, NS B0E 2G0  
747-2243  
Fax: 747-2585  
www.townofmulgrave.ca

**Town of Porthawkesbury**

606 Reeves Street, Unit 1  
Port Hawkesbury, NS B9A 2R7  
625-0116  
Fax: 625-0040  
www.townofporthawkesbury.ca

**Victoria County**

495 Chebucto Street  
PO Box 370  
Baddeck, NS B0E 1B0  
295-3659  
Fax: 295-3331  
www.countyvictoria.ns.ca

**Village of St Peter's**

60 Deny Street  
PO Box 452  
St. Peter's, NS B0E 3B0  
535-2155  
Fax: 535-2330

## International Services

**Children of Choice Consulting**

42 Pine Haven Drive  
Beaver Bank, NS B4G 1A7  
422-9881

*Specializes in international adoptions.*

**Citizenship and Immigration Canada Canada Immigration Centre**

International Adoption Information  
1 (888) 242-2100 (toll free)  
TTY: 1 (888) 576-8502 (toll free)  
www.cic.gc.ca: Enter into language of choice and then click on International Adoption under Visas and Immigration.

**Families with Children from China Nova Scotia**

Arn Nichols or Judy Anderson  
479-2442  
fccns@eastlink.ca

*Volunteer organization that arranges activities to celebrate major Chinese holidays and runs a Chinese culture program for those who have adopted children from China or other Asian countries, or are in the process of doing so.*

**Family Foundations Consulting**

P.O. Box 28042  
Dartmouth, NS B2W 6E2  
456-5053  
also Port Hood Office  
Donelda MacDonald, social work practitioner



*Provides post placement reports and post-adoption support with respect to adjustment and attachment issues.*

**Multicultural Association  
of Nova Scotia**

1113 Marginal Road  
Halifax, NS B3H 4P7  
423-6534  
Fax: 422-0881  
admin@mans.ns.ca  
www.mans.ns.ca

*Information and advocacy  
for multicultural groups within  
Nova Scotia.*

**Nova Scotia Human Rights  
Commission Sydney Office**

Provincial Building  
360 Prince Street  
Sydney, NS B1P 5L1  
563-2140  
1 (877) 269-7699 (toll free)  
TTY: 424-3139  
Fax: 563-5613  
hrcinquiries@gov.ns.ca  
www.gov.ns.ca/humanrights

*Addresses complaints of  
discrimination and provides  
cultural diversity training.*

## Legal Services

**Legal Information Society  
of Nova Scotia**

Lawyer Referral Service—  
Dial-A-Law—Legal Info Line  
5523B Young Street  
Halifax, NS B3 1 7  
455-3135 (legal information  
and lawyer referral service)  
1 (800) 665-9779 (toll-free number  
for the above services)  
454-2198 (administration,  
publications, and projects)  
420-1888 (Dial-A-Law)  
Fax: 455-3105  
lisns@legalinfo.org  
www.legalinfo.org

*Services for people looking for  
lawyers or legal information in  
specific areas of law.*

**Nova Scotia Barristers Society**

Cogswell Tower, Suite 800  
2000 Barrington Street  
Halifax, NS B3J 3 1  
422-1491  
Fax: 429-4869  
www.nsbs.org

*Handles complaints against  
lawyers, and provides information  
to the public.*

**Nova Scotia Legal Aid  
Commission Head Office**

Office of the Executive Director  
137 Chain Lake Drive, Suite 102  
Halifax, NS B3S 1B3  
420-6578  
1 (877) 420-6578 (toll free)  
Fax: 420-3471  
nsla.exec@ns.sympatico.ca

**Nova Scotia Legal Aid Sydney**

Commerce Tower  
15 Dorchester Street, 4th Floor  
PO Box 1373  
Sydney, NS B1P 6 3  
563-2295  
1 (877) 563-2295 (toll free)  
Fax: 539-0489  
*Provides legal assistance to those  
who qualify.*

**Port Hawkesbury Justice Centre**

1 Kennedy Street, Suite 201  
Port Hawkesbury, NS B9A 2Y1  
625-4793  
Fax: 625-4084  
www.courts.ns.ca  
*Family Court.*

**Sydney Justice Centre**

Harbour Place  
136 Charlotte Street, Suite 6  
Sydney, NS B1P 1C3  
563-3510  
Fax: 563-3421  
www.courts.ns.ca  
*Family Court.*

## Mental Health

**Canadian Mental Health  
Association Cape Breton Branch**

1482 George Street  
Sydney, NS B1P 1P3  
567-7735  
Fax: 567-7905  
cmhacbrh@cbdha.nshealth.ca  
www.cmha.ca: Select CMHA  
Locations and then Nova Scotia.  
*Mental health promotion agency.  
Does not offer counselling services.*

**Cape Breton District Health  
Authority Mental Health Services  
Baddeck Child and Adolescent  
Clinician**

Victoria County Memorial Hospital  
30 Old Margaree Road  
PO Box 220  
Baddeck, NS B0E 1B0  
567-7731  
www.cbdha.nshealth.ca: Select  
Mental Health Services from  
menu on left.

*Provides general and specialized  
mental health services to children,  
youth, and their families. Referral  
from a physician may be required  
for certain services.*

**Cape Breton District Health  
Authority Mental Health Services  
Child and Adolescent Services**

Cape Breton Regional Hospital,  
main level  
1482 George Street  
Sydney, NS B1P 1P3  
567-7731

www.cbdha.nshealth.ca: Select Mental Health Services from menu on left.

*Provides general and specialized mental health services to children, youth, and their families. Referral from a physician may be required for certain services.*

**Cape Breton District Health Authority Mental Health Services  
lace Bay Clinic**

121 Union Street  
Glace Bay, NS B1A 2P8  
849-4413

www.cbdha.nshealth.ca: Select Mental Health Services from menu on left.

*Provides general and specialized mental health services to children, youth, and their families. Referral from a physician may be required for certain services.*

**Cape Breton District Health Authority Mental Health Services  
Inverness Mental Health Clinic**

Inverness Consolidated Memorial Hospital  
39 James Street  
PO Box 610  
Inverness, NS B0E 1N0  
258-1911

www.cbdha.nshealth.ca: Select Mental Health Services from menu on left.

*Provides general and specialized mental health services to children, youth, and their families. Referral from a physician may be required*

*for certain services. Satellite services available for Cheticamp.*

**Cape Breton District Health Authority Mental Health Services  
Neil's Harbour Child and Adolescent Clinician**

Buchanan Memorial Community Health Centre  
32610 Cabot Trail  
Neil's Harbour, NS B0C 1N0  
567-7731

www.cbdha.nshealth.ca: Select Mental Health Services from menu on left.

*Provides general and specialized mental health services to children, youth, and their families. Referral from a physician may be required for certain services.*

**Cape Breton District Health Authority Mental Health Services  
New Waterford Clinic**

New Waterford Consolidated Hospital  
716 King Street  
New Waterford, NS B1H 3 S5  
862-7195

www.cbdha.nshealth.ca: Select Mental Health Services from menu on left.

*Provides general and specialized mental health services to children, youth, and their families. Referral from a physician may be required for certain services.*

**Cape Breton District Health  
Authority Mental Health Services  
North Sydney Clinic**

Northside General Hospital  
520 Purves Street  
PO Box 399  
North Sydney, NS B2A 3M4  
794-8551

www.cbdha.nshealth.ca: Select  
Mental Health Services from  
menu on left.

*Provides general and specialized  
mental health services to children,  
youth, and their families. Referral  
from a physician may be required  
for certain services.*

**Cape Breton District Health  
Authority Mental Health Services  
Sydney Mental Health Clinic**

Cape Breton Regional Hospital  
1482 George Street  
Sydney, NS B1P 1P3  
567-7730

www.cbdha.nshealth.ca: Select  
Mental Health Services from  
menu on left.

*Provides general and specialized  
mental health services to children,  
youth, and their families. Referral  
from a physician may be required  
for certain services.*

## Physical Health

**Brain Tumour Foundation  
of Canada**

620 Colborne Street, Suite 301  
London, ON N6B 3R9

1 (519) 642-7755

1 (800) 265-5106 (toll free)

Fax: 1 (519) 642-7192

braintumour@braintumour.ca

www.braintumour.ca

**Brain tumour support group  
Buchanan Memorial Community  
Health Centre**

32610 Cabot Trail  
Neil's Harbour, NS B0C 1N0

336-2200 (switchboard)

Fax: 336-2399

www.cbdha.nshealth.ca: Click on

Hospitals/Facilities from the  
menu on the left side and then se-  
lect the name of the hospital.

*Contains emergency department.*

**Canadian Red Cross**

www.redcross.ca

*Select 'Contact Us' and scroll down  
to Atlantic Zone Office. Click on  
'Offices within Atlantic Canada' and  
scroll down to Nova Scotia Region  
where you will find an office near  
you.*

**Cape Breton Regional Hospital**

1482 George Street

Sydney, NS B1P 1P3

567-8000

Fax: 567-7921

[www.cbdha.nshealth.ca](http://www.cbdha.nshealth.ca): Select Hospitals/Facilities from the menu on the left side and then select the name of the hospital.

*It is the major referral Centre for Cape Breton Island. Also contains the emergency department, Cape Breton Cancer Centre, Cape Breton Chest clinic, and the Cape Breton Function Clinic.*

**Capital Health    EII Health Sciences Centre**

Halifax Infirmiry Building

1796 Summer Street

Halifax, NS B3H 3A7

473-2700

[www.cdha.nshealth.ca](http://www.cdha.nshealth.ca): Select Hospitals/Health Centres on left menu and then select Queen Elizabeth II Health Sciences Centre.

*The largest health sciences centre in Atlantic Canada.*

**Directory of Family Physicians Accepting New Patients**

[www.gov.ns.ca/health/physicians/physicians.asp](http://www.gov.ns.ca/health/physicians/physicians.asp)

424-3047

**Directory of French Speaking Primary Health Care Providers**

[www.gov.ns.ca/health/frhcp/](http://www.gov.ns.ca/health/frhcp/)

**Doctors Nova Scotia**

25 Spectacle Lake Drive

Dartmouth, NS B3B 1 7

468-1866

Fax: 468-6578

info@doctorsns.com

[www.doctorsns.com](http://www.doctorsns.com)

*Professional association of Nova Scotia's doctors.*

**Iace Bay Health Care Facility**

300 South Street

Glace Bay, NS B1A 1W5

849-5511

Fax: 842-2851

[www.cbdha.nshealth.ca](http://www.cbdha.nshealth.ca): Select

Hospitals/Facilities from the menu on the left side and then select the name of the hospital.

**Health Canada**

Maritime Centre

1505 Barrington Street, Suite 1525

Halifax, NS B3J 3Y6

426-2038

1 (866) 225-0709 (toll-free general inquiry line)

Fax: 426-3768

info@hc-sc.gc.ca

[www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)

*Deals with any matter within the jurisdiction of Health Canada.*

**Health Promotion Clearinghouse Nova Scotia**

City Centre Atlantic

1535 Dresden Row, Suite 209

Halifax, NS B3J 3T1

494-1917

1 (877) 890-5094 (toll free)

Fax: 494-3594

Caroline Ploem, manager, hpc@dal.ca  
www.hpcclearinghouse.ca

*Links people and organizations involved in health promotion in Nova Scotia to community resources and expertise.*

### **Inverness Consolidated Memorial Hospital**

39 James Street

PO Box 610

Inverness, NS B0E 1N0

258-2100

Fax: 258-3025

www.cbdha.nshealth.ca: Select Hospitals/Facilities from the menu on the left side and then select the name of the hospital.

### **IW Health Centre**

5850/5980 University Avenue

PO Box 9700

Halifax, NS B3 6R8

470-8888 (switchboard)

Fax: 470-6790

feedback@iwk.nshealth.ca (general inquiries only)

www.iwk.nshealth.ca

*Provides care to children, youth, women, and families.*

### **IW Health Centre Child Safety Link**

5850/5980 University Avenue

PO Box 9700

Halifax, NS B3 6R8

470-6496

1 (866) 288-1388 (toll free outside Halifax)

Fax: 470-6774

childsafetylink@iwk.nshealth.ca

www.childsafetylink.ca

*Poison prevention information and other injury prevention information.*

### **IW Regional Poison Centre**

5850 University Avenue

PO Box 9700

Halifax, NS B3 6R8

**FOR ALL POISON EMERGENCIES, DIAL 911 AND ASK TO SPEAK TO THE POISON CENTRE.**

470-8161 (Halifax-only emergency line)

1 (800) 565-8161 (toll-free emergency line for rest of Nova Scotia)

Fax: 470-7213

*Toll-free, 24-hour poison information service.*

### **Lung Association of Nova Scotia Asthma Action Helpline**

1 (800) 668-7682 (toll free in

Nova Scotia)

info@ns.lung.ca

*A toll-free helpline. Certified asthma educators are available weekdays during business hours to answer questions and provide advice on asthma.*

### **Lung Association of Nova Scotia Provincial Office**

6331 Lady Hammond Road

Halifax, NS B3 2S2

443-8141

Fax: 445-2573

info@ns.lung.ca

www.ns.lung.ca

*Telephone service for people with asthma. Provides information. Not an emergency number.*

### **Medical Services Insurance SI**

Physical location: 230 Brownlow Ave  
Dartmouth, NS

Mailing address: PO Box 500  
Halifax, NS B3J 2S1

496-7008

1 (800) 563-8880

Fax: 481-3160 (registration)

[msienquiry@medavie.bluecross.ca](mailto:msienquiry@medavie.bluecross.ca)

[www.gov.ns.ca/health/msi.htm](http://www.gov.ns.ca/health/msi.htm)

*Provides eligible residents with coverage for medically required health services.*

### **Ne Waterford Consolidated Hospital**

716 King Street

New Waterford, NS B1H 3 5

862-6411

Fax: 862-8277

[www.cbdha.nshealth.ca](http://www.cbdha.nshealth.ca): Select

Hospital/Facility from the menu on the left side and then select the name of the hospital.

*Contains emergency department.*

### **Northside General Hospital**

520 Purves Street

PO Box 399

North Sydney, NS B2A 3M4

794-8521

Fax: 794-3355

[www.cbdha.nshealth.ca](http://www.cbdha.nshealth.ca): Select

Hospital/Facility from the menu on the left side and then select the name of the hospital.

### **Nova Scotia Department of Health and Wellness**

PO Box 488

Halifax, NS

T: 902-424-5818

Toll Free in NS: 1-800-387-6665

TTY/TDD: 1 -800-670-8888

[www.gov.ns.ca/dhwl](http://www.gov.ns.ca/dhwl)

### **Nova Scotia Rehabilitation Centre**

1341 Summer Street

Halifax, NS B3H 1 1

473-2700 (main switchboard to all hospitals you will have to tell the operator which department or doctor you wish to speak with)

[www.cdha.nshealth.ca](http://www.cdha.nshealth.ca): Click Hospitals/Health Centres on left, then Queen Elizabeth II Health Sciences

Centre. Click Nova Scotia Reha-

ilitation Centre under Victoria

General site buildings on right side of centre of page.

*Cross-disability rehabilitation facility.*

### **Ronald McDonald House Atlantic Canada**

Friends of Children (Atlantic)

Association

1133 Tower Road

Halifax, NS B3H 2Y7

429-4044

Fax: 429-8650

[info@rmhatlantic.ca](mailto:info@rmhatlantic.ca)

[www.rmhatlantic.ca](http://www.rmhatlantic.ca)

**Sacred Heart Community Health Centre**

15102 Cabot Trail  
 PO Box 129  
 Cheticamp, NS B0E 1H0  
 224-1500  
 Fax: 224-2903  
 www.cbdha.nshealth.ca: Select Hospital/Facility from the menu on the left side and then select the name of the hospital.

*Contains emergency department.*

**Strait Richmond Hospital**

138 Hospital Road  
 Evanston, NS B0E 1J0  
 625-3100  
 Fax: 625-3804  
 Andrea Boyd-White, facility manager, andrea.boyd-white@gasha.nshealth.ns.ca  
 www.erhb.ns.ca/facilities/strait\_richmond/default.htm

**Victoria County Memorial Hospital**

30 Old Margaree Road  
 PO Box 220  
 Baddeck, NS B0E 1B0  
 295-2112  
 Fax: 295-3432  
 www.cbdha.nshealth.ca: Select Hospital/Facility from the menu on the left side and then select the name of the hospital.

**Psychological Services****Association of Psychologists of Nova Scotia**

1657 Barrington Street, Suite 417  
 Halifax, NS B3J 2A1  
 422-9183  
 Fax: 462-9801  
 apns@apns.ca  
 www.apns.ca

*Provides a directory of psychologists registered with the association, as well as a guide to choosing a psychologist. Psychologists cannot be reached directly through this phone number or email address; the association provides referrals to private practice psychologists.*

**Dr John Gainer and Associates**

207 Alexandra Street  
 Sydney, NS B1S 2E8  
 539-1235  
 Fax: 567-7926  
 jgainer@ns.sympatico.ca

*Provides psychological services.*

**Dr Reginald Landry****Dr Julie MacDonald**

25 Charlotte Street  
 Sydney, NS B1P 1B5  
 564-4477  
 Fax: 539-0567  
 psychology@ns.sympatico.ca  
 www.cbpsychology.net

*Specializing in children, adolescents, and families.*



### **Family Service of Eastern Nova Scotia**

Toll free: 1-866-330-5952  
fsinfo@fsens.ns.ca  
www.fsens.ns.ca

#### **erstin Schauss**

Reclaim Therapy and Counseling  
Physical location: 37 Water Street  
Pictou, NS

Mailing Address: 1023 Meadowville  
Road, Scotsburn, NS B0 1R0  
485-1735

*Provides Theraplay, Children and  
Adolescents Counselling, Individual  
Therapy, Parent-Child Therapy,  
Family and Marital Counselling.  
Common areas addressed in therapy  
are attachment, anxiety, depression,  
grief, parenting, trauma, divorce,  
behaviour problems of children.*

## **Recreation Services**

### **Bayple Recreation Centre**

151 Lower North Street  
Glace Bay, NS B1A 6B4  
849-6066  
Fax: 842-9232  
www.bayplex.ca

*Offers recreation programs and  
activities.*

### **Big Brothers Big Sisters of Cape Breton County**

700 Victoria Road  
Sydney, NS B1P 5E1  
564-5437  
Fax: 564-9971

mentoring4kids@aol.com  
www.bigbrothersbigsisters.ca

### **Big Brothers Big Sisters of Cape Breton County**

Causeway Shopping Centre  
201-634 Reeves Street  
Port Hawkesbury, NS B9A 2R7  
902-625-1634  
www.bigbrothersbigsisters.ca

*Provides the opportunity for a  
one-to-one relationship between  
children and adult volunteers. The  
aim is to enhance the development  
and sense of self-worth of children  
who are primarily from single-  
parent families. Carefully screened  
adult volunteers are matched  
with children who are in need of  
leadership, guidance, friendship,  
or role modelling. In-school mentor  
program as well.*

### **Boys and Girls Clubs of Canada National Office**

2005 Sheppard Ave. East  
Suite 400  
Toronto, Ontario  
1 (905) 477-7272  
Fax: 1 (416) 640-5331  
info@bgccan.com

www.bgccan.com: Select Find a  
Club to find a club in your area,  
and click Go. Clubs available in  
Dartmouth, Cole Harbour, Preston,  
Spryfield, Sackville, Truro/Colchester,  
and Yarmouth.

**Centennial Comple**

320 Esplanade  
 Sydney, NS B1P 7B9  
 563-5535  
 Fax: 564-0481

www.cbrm.ns.ca: Select A uick Link on top right corner of page and choose Facilities from dropdown menu.

*Note that the arena is physically located at 205 Hospital Street.*

**Centre**

481 George Street  
 PO Box 1510  
 Sydney, NS B1P 6R7  
 564-2200  
 Fax: 539-4598  
 www.centre200.ca

*Multipurpose convention and recreation centre.*

**County Arena**

320 Esplanade  
 Sydney, NS B1P 7B9  
 562-6728  
 www.cbrm.ns.ca: Select A uick Link on top right corner of page, select Facilities, and then scroll down to arena site.

*Note that the arena is physically located at 305 Keltic Drive in Coxheath.*

**Dominion District Community Centre**

142 Kings Road  
 Dominion, NS B1G 1H6  
 849-6933  
 Fax: 849-6983

www.cbrm.ns.ca: Select A uick Link on top right corner of page, select Facilities, and then scroll down to arena site.

*Sports facility.*

**Dan Stevens emorial Arena**

26 Arena Road  
 Eskasoni, NS B1W 1A1  
 379-2344

www.cbrm.ns.ca: Select A uick Link on top right corner of page, select Facilities, and then scroll down to arena site.

*Recreational centre for First Nations people.*

**irl Guides of Canada  
Nova Scotia Council**

423-3735  
 1 (800) 565-8111 (toll free)  
 Fax: 423-5347  
 ggcnsc@girlguides.ns.ca  
 www.girlguides.ns.ca

*Activities for girls ages 5 to 17 years, as well as women ages 18 and over.*

**idsport Nova Scotia**

5516 Spring Garden Road, 4th Floor  
 Halifax, NS B3J 1G6,  
 902-425-5454 ext. 350  
 Fax: 902-425-5606  
 kidsport@sportnovascotia.ca  
 www.sportnovascotia.ca/kidsport

**Ne Waterford District  
Community Centre**

Victoria Avenue  
 PO Box 146

New Waterford, NS B1H 4 4  
862-6031  
www.cbrm.ns.ca: Select A uick  
Link on top right corner of page,  
select Facilities, and then scroll  
down to arena site.

### **Parks Canada**

#### **Atlantic Service Centre**

1869 Upper Water Street, 2nd Floor,  
Pontac House  
Halifax, NS B3J 1S9  
426-9805  
Fax: 426-7012  
www.pc.gc.ca

#### **Parks Canada National Office**

25 Eddy Street  
Gatineau, C 1A 0M5  
1 (888) 773-8888 (toll free)  
information@pc.gc.ca  
www.pc.gc.ca

*Oversees all national parks in  
Canada.*

#### **Recreation Nova Scotia**

5516 Spring Garden Road, Suite 309  
Halifax, NS B3J 1G6  
425-1128  
Fax: 422-8201  
info@recreationns.ns.ca  
www.recreationns.ns.ca

*Advocates on behalf of all Nova  
Scotians for high-quality recreation  
and leisure opportunities.*

#### **Scouts Canada**

84 Thorne Ave  
Dartmouth, NS B3B 1Y5  
423-9227

1 (800) 557-7268 (toll free)

Fax: 423-7989

nsoffice@scouts.ca

www.ns.scouts.ca

*Educational and recreation programs  
for youth.*

#### **Sport Nova Scotia**

5516 Spring Garden Road, 4th Floor  
Halifax, NS B3J 1G6  
425-5450  
Fax: 425-5606  
sportns@sportnovascotia.ca  
www.sportnovascotia.ca

*Promotes the benefits of health,  
personal development, and  
achievement for all participants.  
Works to increase public awareness  
of the benefits of amateur sport.*

#### **Whitney Pier Youth Club**

111 West Street  
PO Box 806  
Sydney, NS B1P 6J1  
567-0240  
Fax: 567-0853

wpyc@ns.sympatico.ca  
www.whitneypieryouthclub.ca

*Non-profit youth club with non-  
structured and structured programs  
for all ages.*

#### **Y CA of Cape Breton**

##### **Port Ha kesbury**

606 Reeves Street  
Port Hawkesbury, NS B9A 2R7  
625-4600  
1 (866) 562-9622 (toll free)  
Fax: 625-0083  
www.cbymca.com

*Provides a range of recreational activities.*

**Y CA of Cape Bretonlace Bay**

106 Reeves Street  
Glace Bay, NS B1A 4W5  
1 (866)562-9622 (toll free)

*Provides a range of recreational activities.*

**Y CA of Cape Breton Sydney**

399 Charlotte Street  
Sydney, NS B1P 1E3  
562-9622  
1 (866) 562-9622 (toll free)  
www.cbymca.com

*Provides a range of recreational activities.*

## Special Needs

**Abilities Foundation of Nova Scotia**

3670 empt Road  
Halifax, NS B3 4 8  
453-6000  
Fax: 454-6121  
admin@abilitiesfoundation.ns.ca  
www.abilitiesfoundation.ns.ca

*Services for children and adults who have physical disabilities. Offers Camp Tidnish for children ages eight years and older.*

**Accessible Nova Scotia**

1 (866) 696-7536 (toll free)  
info@accessiblens.ca  
www.accessiblens.ca

*A group of individuals, businesses, government representatives,*

*and organizations who share a common vision of Nova Scotia as an accessible destination for both residents and visitors.*

**APSEA Atlantic Provinces Special Education Authority**

5940 South Street  
Halifax, NS B3H 1S6  
424-8500  
Fax: 424-0543  
www.apsea.ca

*Serves children and youth who are deaf, hard of hearing, deafblind, blind, or visually impaired.*

**Attention Deficit Association of Nova Scotia**

506 Sackville Drive  
Lower Sackville, NS B4C 2R8  
869-1117  
Fax: 869-3836

*Provides education, support, and research assistance for people who are affected by attention deficit hyperactivity disorder.*

**Bell Aliant IP Relay**

To communicate with an IP Relay user, call: 1-877-855-7851  
For Help and Support for IP Relay:  
1-800-694-9313 (Voice)  
711 (TTY)

This new service uses a chat based application to make communication easier for people who are deaf or hard of hearing and those with speech disabilities. No charge to place calls within Canada/U.S. Operators are available 24/7.

**Brain Injury Association  
of Nova Scotia**

13th Floor, Victoria Building  
VG Site, EII Health Sciences Centre  
Halifax, NS  
473-7301

Fax: 473-7302

bians1@ns.sympatico.ca  
www3.ns.sympatico.ca/bians1/

*Provides support for brain-injured  
people and their families.*

**Canadian Cystic Fibrosis Foundation  
Cape Breton Island Chapter**

Sydney, Nova Scotia  
902-539-5246  
1 (800) 378-2233 (national toll-free  
number)  
bob.fortier@gmail.com

*Provides information and support to  
people affected by cystic fibrosis.*

**Canadian Diabetes Association  
Cape Breton Branch**

42 Coxheath Road  
Sydney, NS B1R 1R3  
902-564-6461  
Toll Free: 1 (800)326-7712  
Fax: 902-564-5354  
www.diabetes.ca

*Provides information and resources  
to people with diabetes and their  
families. Summer camps for children.*

**Nova Scotia Down Syndrome  
Society**

902-477-6252  
mail@novascotiadownsyndrome.com  
www.novascotiadownsyndrome  
society.com

*Parent based contacts in Halifax,  
Annapolis Valley, Pictou, Cape  
Breton, and Antigonish.*

**Canadian National Institute  
for the Blind**

Sydney, NS B1P 1V7  
564-5711

1 (800) 563-2642 (toll-free number  
for national office)

Fax: 562-9802

www.cnib.ca

*Offers rehabilitation services to those  
who are blind or visually impaired.  
This office serves residents of Cape  
Breton and eastern Nova Scotia up to  
Pictou County.*

**Canadian Paraplegic Association  
Nova Scotia**

1 (800) 889-1889 (toll free in  
Nova Scotia)  
sydney@canparaplegic.org  
www.thespine.ca

*Helps people with spinal cord injuries  
and other physical disabilities to  
achieve independence, self-reliance,  
and full community participation.*

**Deaf Literacy Nova Scotia**

c/o Society of Deaf and Hard of  
Hearing Nova Scotians  
1657 Barrington Street, Suite 117  
Halifax, NS B3J 2A1  
423-3353  
422-7130 (voice, videophone, TTY)  
Fax: 492-3864  
dlns@ns.sympatico.ca  
www.dlns.ca

*Promotes and supports literacy and learning of deaf adults through self-development, literacy, and American Sign Language/Maritime Sign Language literacy.*

**Disability Tax Credit/  
Child Disability Benefit**

1 (800) 959-8281

www.cra.gc.ca: Enter into language of preference, then select Persons with disabilities from Information For column on the left.

*Information on both the Disability Tax Credit and Child Disability Benefit, either of which may be available to parents who support a child or children who have a severe and prolonged mental or physical impairment.*

**Epilepsy Association of Nova Scotia**

5880 Spring Garden Road, Suite 306

Halifax, NS B3H 1Y1

429-2633

1 (866) EPILEPSY (374-5377)

Fax: 425-0821

info@epilepsyns.com

www.epilepsyns.com

*Provides information and resources to people with epilepsy and their families.*

**Equal Education Association  
of Nova Scotia**

860-1759

info@eeans.com

www.eeans.com

*Non-profit association that advocates educational rights on*

*behalf of all children with learning disabilities in Nova Scotia.*

**Learning Disabilities Association  
of Nova Scotia**

2 Dartmouth Road

Bedford, NS B4A 2 7

423-2850

1 (877) 238-5322 (toll free)

Fax: 423-2834

info@ldans.ca

www.ldans.ca

*Offers advocacy, support, and referral services to children, parents, adults, and others dealing with learning disabilities.*

**Ne born Hearing Screening  
Program IW**

5850/5980 University Avenue

PO Box 3070

Halifax, NS B3J 3G9

470-7146

Fax: 470-7950

nshgrace@nshsc.ns.ca

www.nshsc.ns.ca

*Provides early detection and treatment of hearing disorders.*

**Nova Scotia Hearing and Speech  
Provincial Centre**

www.nshsc.ns.ca Select 'Find Us'

and then click on the area you would like to learn more about.

*Located in 24 communities throughout Nova Scotia.*

### **Nova Scotia Disabled Persons Commission**

Dartmouth Professional Centre  
277 Pleasant Street, Suite 104  
Dartmouth, NS B2Y 4B7  
424-8280  
1 (800) 565-8280 (toll free within  
Nova Scotia)  
[www.gov.ns.ca/disability](http://www.gov.ns.ca/disability)

*Gives people with disabilities a way to participate in the provincial government policy-making process, and advises policy-makers and program-developers about the needs of people with disabilities and the issues and concerns that affect the lives of people with disabilities.*

### **Presidents Choice Children s Charity Atlantic Region**

1 President's Choice Circle  
Brampton, Ontario L6Y 5S5  
1-877-525-4762  
Fax: 902-861-2307  
[PCCharity@Loblaws.ca](mailto:PCCharity@Loblaws.ca)

*Committed to providing assistance to children with special needs, childhood nutrition programs as well as supporting the Boys and Girls Club of Canada.*

### **Provincial Autism Centre**

1456 Brenton Street  
Halifax, NS B3J 2 7  
446-4995  
1 (877) 544-4495 (toll free)  
Fax: 446-4997  
[info@autismns.ca](mailto:info@autismns.ca)  
[www.autismnovascotia.ca](http://www.autismnovascotia.ca)

*Provides programs and services to the autism community while helping*

*families and professionals access resources and information about autism.*

### **reachAbility**

3845 Joseph Howe Drive, Suite 201  
Halifax, NS B3L 4H9  
429-5878  
Toll Free/TTY: 1-866-429-5878  
Fax: 429-5858  
[info@reachability.org](mailto:info@reachability.org)  
[www.reachability.org](http://www.reachability.org)

*A non-profit organization in Nova Scotia that works to improve access to justice, equality, and human rights for people living with disabilities and for those within their support system.*

### **Society for Treatment of Autism**

541 Charlotte Street  
PO Box 392  
Sydney, NS B1P 6H2  
567-6441  
Fax: 567-0425  
[autism@ns.sympatico.ca](mailto:autism@ns.sympatico.ca)  
[www.nsnet.org/autismns](http://www.nsnet.org/autismns)

*Information and resources for individuals and families affected by autism spectrum disorders; also provides respite care.*

### **Society of Deaf and Hard of Hearing Nova Scotians**

762 Victoria Road  
Sydney, NS B1N 1J6  
564-0003 (voice, videophone, fax)  
TTY: 564-0486  
1 (888) 770-8555 (toll free within  
Nova Scotia)  
[cbdeaf@ns.sympatico.ca](mailto:cbdeaf@ns.sympatico.ca)  
[www.sdhhs.org](http://www.sdhhs.org)

*Provides services to people who are deaf or hard of hearing, as well as hearing parents of children who are deaf.*

### **Special Olympics Nova Scotia**

5516 Spring Garden Road, Suite 305  
Halifax, NS B3J 1G6  
1 (866) 299-2019 (toll free)  
Fax: 425-5606  
www.sons.ca

*Non-profit organization dedicated to providing year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with an intellectual disability.*

### **Spina Bifida and Hydrocephalus Association of Nova Scotia**

15 Laura Drive  
RR4, Eastern Passage, NS, B3G 1 31  
1 (800) 304-0450 (toll free)  
Fax: 679-1124  
info@sbhans.ca  
www.sbhans.ca

*Provides services to individuals with spina bifida and hydrocephalus and their families.*

### **The Children's Wish Foundation of Canada Nova Scotia Chapter**

105-238 Brownlow Ave  
Dartmouth, NS B3B 2B4  
Veronica Marsman, president  
vmarsman@me.com  
Fax: 902-492-1908  
NS@childrenswish.ca  
www.childrenswish.ca

## Other Informational Resources

### **1 1 System**

*By dialing 211 or visiting the 211 website, users can easily and quickly connect to the social, health, and community services they need, anywhere in the province, regardless of where they are located.*

### **Adopt Assistance Information Support**

www.adopting.org

*American website with useful articles and information.*

### **Adoption Council of Canada**

1 (888) 542-3678 (toll free)  
www.adoption.ca

*Website with useful articles and information.*

### **Adoptive Families Association of BC**

www.bcadoption.com/default.asp

*Website with useful articles and information*

### **Association of Black Social Workers**

6414 Coburg Road  
Halifax, NS B3H 3J5  
Veronica Marsman, president  
vmarsman@me.com  
www.nsasw.org:

*Follow the ABSW link.*



**Black Cultural Centre for Nova Scotia**

1149 Main St  
 Dartmouth, NS B2 1A8  
 434-6223 Fax: 434-2306 contact@  
 bccns.com www.bccns.com

*Is dedicated to the preservation and promotion of Canadian Black Culture.*

**Cape Breton Family Resource Coalition**

106 Townsend Street  
 Sydney, NS B1P 5E1  
 562-5616  
 Fax: 562-8528

www.nscouncilfamily.org: Select Parenting Directory from top menu, then Centres on left menu, and click on Cape Breton Family Resource Coalition from list of centres.

*Various programs and services for families.*

**Cape Breton Regional Library**

50 Falmouth Street  
 Sydney, NS B1P 6 9  
 562-3279  
 Fax: 564-0765  
 inssc@nssc.library.ns.ca  
 www.cbri.ca

**Caregivers Nova Scotia**

3433 Dutch Village Road  
 Halifax, NS B3N 2S7  
 421-7390  
 Fax: 421-7338  
 info@caregiversns.org  
 www.caregiversnovascotiablog.wordpress.com

*Provides information and support to caregivers of those with disabilities and chronic illness.*

**Community Access Program**

1 (800) 575-9200 (toll free)  
<http://cap.ic.gc.ca>

*Sites with free access to computers and the Internet.*

**Eastern Counties Regional Library**

www.ecrl.library.ns.ca  
 Go to Locations to find a library in your area.

**Eastern Regional Help Line**

1482 George Street  
 Sydney, NS B1P 1P3  
 567-0330 (office line)  
 562-4357 (crisis line)  
 1 (800) 957-9995 (toll-free crisis line)  
 Fax: 567-0330  
 ERHL@hotmail.com

*Telephone referral and crisis intervention service. Provides direction, information, and emotional support. Crisis line open from 6 pm to midnight, seven days a week.*

**Eskasoni Health Centre**

44 Spencer's Lane  
 PO Box 7745  
 Eskasoni, NS B1W 1B3  
 379-3200  
 Fax: 379-2875

### **Federation of Foster Families of Nova Scotia**

99 Wyse Road, Suite 350

Dartmouth, NS B3A 4S5

424-3071

1 (888) 845-1555 (toll free)

Fax: 424-5199

Carol Cole, administrative assistant—operations, [colectf@gov.ns.ca](mailto:colectf@gov.ns.ca)

[www.fosterfamilies.ns.ca](http://www.fosterfamilies.ns.ca)

*Provides support for foster families.*

### **Halifa and Regional Military Family Resource Centre Sydney Site**

1 Desbarres Street

Victoria Park

Sydney, NS B1P 6Z

[info@halifaxmfrcc.ca](mailto:info@halifaxmfrcc.ca)

[www.halifaxmfrcc.ca/sydney-location](http://www.halifaxmfrcc.ca/sydney-location)

*Operates a part time office in the garrison at Victoria Park*

### **Kids Help Phone**

457-4779 (regional office)

1 (800) 668-6868 (toll-free helpline)

Fax: 457-1074

[atlantic@kidshelpphone.ca](mailto:atlantic@kidshelpphone.ca)

[www.kidshelpphone.ca](http://www.kidshelpphone.ca)

*Canada's only toll-free, 24-hour, bilingual, and anonymous phone and web counselling, referral, and information service for children and youth.*

### **North American Council on Adoptable Children**

[www.nacac.org](http://www.nacac.org)

Website with resources and articles of interest American organization but with Canadian board members.

### **Nova Scotia Association of Social Workers**

Plaza 1881, 1891 Brunswick Street, Suite 106

Halifax, NS B3J 2G8

429-7799

Fax: 429-7650

[nsasw@nsasw.org](mailto:nsasw@nsasw.org)

[www.nsasw.org](http://www.nsasw.org)

*Promotes and regulates the practice of social work and helps its members to offer a high standard of service that respects diversity, promotes social justice, and enhances the worth, self-determination, and potential of individuals, families, and communities.*

### **Nova Scotia Community Organization Network NSNET**

PO Box 128

Waterville, NS B0P 1V0

538-3103, ext. 112

Fax: 538-7022

[trc@nsnet.org](mailto:trc@nsnet.org)

[www.nsnet.org](http://www.nsnet.org)

*Provides links to websites of Nova Scotian community organizations.*

**Nova Scotia Council for the Family**

Parenting Resource Centres in Nova Scotia

[www.nscouncilfamily.org](http://www.nscouncilfamily.org)

Select 'Parenting Directory' from top menu and click on the resource center in the preferred area.

**Nova Scotia Human Rights Commission Sydney Office**

Provincial Building

360 Prince Street

Sydney, NS B1P 5L1

563-2140

1 (877) 269-7699 (toll free)

TTY: 424-3139

Fax: 563-5613

[hrcinquiries@gov.ns.ca](mailto:hrcinquiries@gov.ns.ca)

[www.gov.ns.ca/humanrights](http://www.gov.ns.ca/humanrights)

*Addresses complaints of discrimination and provides cultural diversity training.*

**Nova Scotia League for Equal Opportunities**

5251 Duke Street, Suite 1211

Halifax, NS B3J 1P3

455-6942

1 (866) 696-7536 (toll free)

Fax: 454-4781

[nsleo@eastlink.ca](mailto:nsleo@eastlink.ca)

[www.novascotialeo.org](http://www.novascotialeo.org)

*Advocacy organization working on behalf of people with disabilities.*

**Parenting Journey Program**

902-454-2036

*A program that offers free in home support to families of children aged 3 to 16 who are facing challenging times. Program is voluntary and is funded by Department of Community Services. There are 11 programs around the province.*

**Passport Canada Halifax Office**

1505 Barrington Street, Suite 1508

Halifax, NS B3J 3 5

1 (800) 567-6868 (toll free)

Fax: 426-4620

**St John Ambulance****Cape Breton Regional Office**

479 George Street

Sydney, NS

564-4189

1 (888) 633-1115 (toll free)

Fax: 539-2730

[cbinfo@stjohnambulance.ns.ca](mailto:cbinfo@stjohnambulance.ns.ca)

[www.sja.ca](http://www.sja.ca)

*Provides first aid training and supplies.*