



# WHERE TO GET HELP

Prepared by Women's Employment Services: February 2017



## **EMPLOYMENT / CAREER COUNSELLING**

TEAM Work Cooperative with Women's Employment Services	(902) 422 8900	<a href="http://teamworkbridge.org">teamworkbridge.org</a>
NSCC Career & Transition Services	(902) 491 3528	<a href="http://nsc.ca/services/careerservices">nsc.ca/services/careerservices</a>
Centre for Women and Business	(902) 457 6449 TF: 1-888-776-9022	<a href="http://centreforwomeninbusiness.ca">centreforwomeninbusiness.ca</a>
Dress for Success	(902) 493 7377	<a href="http://halifax.dressforsuccess.org">halifax.dressforsuccess.org</a>
Eastern Shore Job Search Centre	(902) 827 5110	<a href="http://easternshorejobsearch.ca">easternshorejobsearch.ca</a>
Employment Support Services (ESS) <i>(IA recipients only)</i>	(902) 424 1980	<a href="http://novascotia.ca/coms/employment/employment_services">novascotia.ca/coms/employment/employment_services</a>
FutureWorx Job Search Centre	(902) 883 7010	<a href="http://futureworx.ca">futureworx.ca</a>
Immigrant Services Association of Nova Scotia	(902) 423 3607 TF: 1-866-431-6472	<a href="http://isans.ca">isans.ca</a>
Job Junction	(902) 455 9675	<a href="http://jobjunction.ca">jobjunction.ca</a>
LakeCity Employment Services <i>(Persons with a mental illness, mobile service)</i>	(902) 465 5000	<a href="http://lakecityemployment.com">lakecityemployment.com</a>
MetroWorks Employment Services	(902) 453 6246	<a href="http://mymetroworks.ca">mymetroworks.ca</a>
Opportunity Place	(902) 864 7520	<a href="http://opportunityplace.ca">opportunityplace.ca</a>
Stone Hearth Bakery <i>(For individuals 19+ with mental health difficulties)</i>	(902) 454 2851	<a href="http://stonehearth.ca">stonehearth.ca</a>
YMCA Employment Centre of Halifax	(902) 425 3464 Ext. 221	<a href="http://ymcaemploymentcentre.ca">ymcaemploymentcentre.ca</a>
YMCA Employment Centre of Dartmouth	(902) 461-2513	<a href="http://ymcaemploymentcentre.ca">ymcaemploymentcentre.ca</a>

## **UPGRADING / TRAINING INFORMATION**

Cunard Learning Centre <i>(Upgrading IA or EI recipients)</i>	(902) 453 6246	<a href="http://mymetroworks.ca/cunard-learning-centre">mymetroworks.ca/cunard-learning-centre</a>
Solutions Learning Centre	(902) 468 1320	<a href="http://sollc.ca">sollc.ca</a>
Bedford and Forsyth Education Centres	(902) 832 8630	<a href="http://bfec.ednet.ns.ca">bfec.ednet.ns.ca</a>
Options Work Activity Program <i>(Upgrading/Skill Development)</i>	(902) 453 6246	<a href="http://mymetroworks.ca/options-work-activity-program">mymetroworks.ca/options-work-activity-program</a>
Halifax Community Learning Network <i>(Literacy programs)</i>	(902) 422 7648	<a href="http://hcln.ca">hcln.ca</a>
Nova Scotia School for Adult Learning (NSSAL)	(902) 424 3820 TF: 1-877-466-7725	<a href="http://gonssal.ca">gonssal.ca</a>

## **ENTREPRENEURIAL / START-UP BUSINESS RESOURCES**

SmartBusiness Program (Halifax Partnership)	(902) 490 6000 TF: 1-800-565-1191	<a href="http://halifaxpartnership.com/en/home/grow/smart-business">halifaxpartnership.com/en/home/grow/smart-business</a>
Atlantic Canada Opportunities Agency (ACOA)	(902) 426 8361	<a href="http://acoa-apeca.gc.ca">acoa-apeca.gc.ca</a>
Business Development Bank of Canada (BDC)	TF: 1-888-463-6232	<a href="http://bdc.ca">bdc.ca</a>
Nova Scotia Business Inc. (NSBI)	(902) 424 6650	<a href="http://novascotiabusiness.com">novascotiabusiness.com</a>
Canada Business Network	TF: 1-888-576-4444	<a href="http://canadabusiness.ca">canadabusiness.ca</a>
Centre for Entrepreneurship Education and Development (CEED)	(902) 421 2333	<a href="http://ceed.ca">ceed.ca</a>
Entrepreneurs3.0	(902) 492 7600 TF: 1-866-492-7600	<a href="http://entrepreneurs3.com">entrepreneurs3.com</a>
Small Business Startup, Halifax Central Library	(902) 490 5710	<a href="http://halifaxpubliclibraries.ca/services/learning/small-business">halifaxpubliclibraries.ca/services/learning/small-business</a>
Halifax Chamber of Commerce	(902) 468 7111	<a href="http://halifaxchamber.com">halifaxchamber.com</a>



# WHERE TO GET HELP

Prepared by Women's Employment Services: February 2017



## COUNSELLING, MENTAL HEALTH SERVICES AND INFORMATION

Family Service Association <i>(Individual, couple and family counselling)</i>	(902) 420 1980 TF: 1-888-886-5552	fshalifax.com
HELP Line <i>(Crisis counselling, referrals)</i>	(902) 421 1188	
Mental Health Mobile Crisis Team	(902) 429 8167 TF: 1-888-429-8167	cdha.nshealth.ca
AIDS Coalition of Nova Scotia	(902) 425 4882 / (902) 429 7922 TF: 1-800-566-2437	acns.ns.ca
Mi'kmaq Native Friendship Centre	(902) 420 1576	mymnfc.com
Stepping Stone <i>(For those involved in the sex trade)</i>	(902) 420 0103	steppingstonens.ca
Laing House	(902) 425 9018	lainghouse.org
IWK Health Centre Mental Health & Addictions Services	(902) 464 4110 TF: 1-888-470-5888	iwk.nshealth.ca/mental-health
Canadian Mental Health Association	(902) 466 6600 TF: 1-877-466-6606	novascotia.cmha.ca

## HUMAN RESOURCES SERVICE CANADA

Service Canada (EI information line)	1 800 206 7218	servicecanada.gc.ca
Service Canada (Old Age Security & Canadian Pension Plan information)	1 800 277 9914	servicecanada.gc.ca

## FAMILY RESOURCE CENTRES

Bayers Westwood Family Resource Centre (Halifax)	(902) 454 9444	bayerswestwoodfrc.com
Dartmouth Family Resource Centre	(902) 464 8234	dartmouthfamilycentre.ca
East Preston Family Resource Centre	(902) 462 7266	
Fairview Family Resource Centre	(902) 443 9569	ffcns.ca
Memory Lane Family Place (Lower Sackville)	(902) 864 6363	memorylanefamilyplace.com
Military Family Resource Centre (HRM)	(902) 427 7788	halifaxmfrcc.ca
Mi'kmaq Child Development Centre	(902) 422 7850	mymnfc.com
North End Parents Resource Centre	(902) 492 0133	
Parent and Children Together (Dartmouth)	(902) 434 8952	parentsandchildrentogether.info
Chebucto Family Centre / Home of the Guardian Angel	(902) 479 3031	homeoftheguardianangel.ca
Family SOS (Halifax)	(902) 455 5515	familysos.ca
Family and Children's Services/Day Care Services	(902) 424 6679	novascotia.ca/coms/families
Veith House	(902) 453 4320	veithhouse.com

## FAMILY VIOLENCE, SEXUAL ASSAULT & INCEST

Avalon Sexual Assault Centre	(902) 422 4240	avaloncentre.ca
Bryony House <i>(For abused women &amp; their children)</i>	Distress line: (902) 422 7650 Business line: (902) 429 9002	bryonyhouse.ca
Children's Aid Society / Child Welfare Services	Halifax: (902) 425 5420 Sackville: (902) 869 3600	Dartmouth: (902) 424 3298 Cole Harbour: (902) 435 7472
New Start Counselling <i>(Intervention program for men who abuse their partners)</i>	(902) 423 4675	newstartcounselling.ca



# WHERE TO GET HELP

Prepared by Women's Employment Services: February 2017



## **LEGAL ASSISTANCE**

Coverdale Courtwork Society <i>(For women and girls in conflict with the law)</i>	(902) 422 6417	coverdale.ca
Dalhousie Legal Aid Service	(902) 423 8105	dal.ca/faculty/law/dlas.html
Elizabeth Fry Society of Mainland NS <i>(For women in conflict with the law)</i>	(902) 454 5041	efrymsn.ca
Legal Information Society of Nova Scotia	(902) 455 3135 TF: 1-800-665-9779	legalinfo.org
Nova Scotia Labour Board	(902) 424-6730 TF: 877-424-6730	novascotia.ca/lae/labourboard
Labour Standards Division	(902) 424-4311 TF: 1-888-315-0110	novascotia.ca/lae/labourstandards
Nova Scotia Human Rights Commission	(902) 424-4111 TF: 1-877-269-7699	humanrights.gov.ns.ca
Nova Scotia Legal Aid	(902) 420 6583 / (902) 420 3450 TF: 1-877-777-6583	nslegalaid.ca
Nova Scotia Barristers' Society Railton House <i>(Salvation Army Corrections &amp; Justice Services)</i>	(902) 422 1491 (902) 465 2690 TF: 1-800-565-2690	nsbs.org railtonhouse.ca

## **SHELTERS / TRANSITION HOUSES**

Adsum House <i>(For women and their children)</i>	Immediate assistance: 423 4443 General inquiries: 423 5049	adsumforwomen.org
Alice Housing <i>(For abused women and their children)</i>	(902) 466 8459	alicehousing.ca
Barry House <i>(For women and their children)</i>	(902) 422 8324	shelternovascotia.com
Marguerite Centre	(902) 876 0006	themargueritecentre.com
Phoenix Youth Shelter	(902) 446 4663 TF: 1-888-878-5088	phoenixyouth.ca/youth

## **FINANCIAL ASSISTANCE**

Credit Counselling Services of Atlantic Canada	1-888-753-2227	solveyourdebts.com
Income Assistance	(902) 424 4150	novascotia.ca/coms
Maintenance Enforcement Program (MEP)	(902) 424 0050 TF: 1-800-357-9248	novascotia.ca/just/mep
Student Assistance	(902) 424 8420	novascotia.ca/studentassistance
Housing Nova Scotia Housing Services	(902) 424 5110 TF: 1-800-774-5130	housing.novascotia.ca/
Disability Support Program / Family Maintenance Income Support Program	(902) 424 6111	novascotia.ca/coms
Employment Support Services (Halifax)	(902) 424 1980	novascotia.ca/coms
Income Assistance (Dartmouth)	(902) 424 1600	novascotia.ca/coms
Employment Support Services (Dartmouth)	(902) 424 6200	novascotia.ca/coms
Community Services Central Regional Office	(902) 424 5074	novascotia.ca/coms

## **EMERGENCY FOOD / MEALS**

Feed Nova Scotia / Metro Food Bank Society	(902) 457 1900	feednovascotia.ca
--	----------------	-------------------



# WHERE TO GET HELP

Prepared by Women's Employment Services: February 2017



## GENERAL INFORMATION

211 NS <i>(Provides help to find the right community service)</i>	211 Text: 21167	ns.211.ca
--	--------------------	-----------

## HEALTH & FAMILY PLANNING

Nova Scotia Breast Screening Clinic	(902) 473 3960 TF: 1-800-565-0548	breastscreening.nshealth.ca
Halifax Sexual Health Centre <i>(Formerly Planned Parenthood)</i>	(902) 455 9656	hshc.ca
Nova Scotia Adoption Information Line	TF: 1-866-259-7780	novascotia.ca/coms/families/adoption
Women's Health Specialty Clinic, IWK Health	(902) 470 6475	iwk.nshealth.ca/women-and-newborns-health
North End Community Health Centre	(902) 420 0303	nechc.com
Public Health Services, Capital Health	(902) 481 5800	cdha.nshealth.ca/public-health
811 Nova Scotia <i>(24/7 health information line)</i>	811	811.novascotia.ca

## ADDICTIONS

Addiction Prevention & Treatment Services <i>(Detox unit, CORE, outpatient services, Matrix)</i>	(902) 424 8866	cdha.nshealth.ca/addictions-program
Alcoholics Anonyms (AA) Halifax/Dartmouth	(902) 461 1119	aahalifax.org
Gambling Support Network	TF: 1-888-347-8888	novascotia.ca/dhw/addictions/gambling.asp
Mainline Needle Exchange	(902) 423 9991 TF: 1-877-904-4555	mainlineneedleexchange.ca
Central Nova Area of Narcotics Anonymous	Meeting info: (902) 454 2913 TF: 1-800-205-8402 Helpline: (902) 789 8323	centralnovaarea.ca
Halifax Centre of Hope (Salvation Army)	(902) 422 2363	http://halifaxcentreforhope.com/
IWK Health Centre Mental Health & Addictions Services	(902) 464 4110 TF: 1-888-470-5888	iwk.nshealth.ca/mental-health
CHOICES Adolescent Treatment Program <i>(For adolescents aged 13-19)</i>	(902) 464 4110 TF: 1-888-470-5888	iwk.nshealth.ca/mental-health/youth/choices-addictions

## SERVICES FOR THE LGBTQ COMMUNITY

DalOUT: The Queer Society at Dalhousie	(902) 494 2190	facebook.com/dalout
The Youth Project	(902) 429 5429	youthproject.ns.ca
South House Sexual and Gender Resource Centre	(902) 494 2432	southhousehalifax.ca
Gay Halifax		gay.hfxns.org
Nova Scotia Rainbow Action Project (NSRAP)	(902) 221 7738	nsrap.ca
Halifax LGBT Business Association	board@halifaxlgbt.com	facebook.com/HalifaxLGBT