

**Employment Solutions Society**

# **Resource Guide**

All information provided is accurate to Employment Solutions Society knowledge. Changes to services or hours of operation may depend on Nova Scotia's Health authority and protocols during the COVID-19 pandemic.



**NOVA SCOTIA WORKS**

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## Finding Work

Who?	What?	When & Where?
<p>Employment Solutions Society, a Nova Scotia Works Employment Service Centre</p>	<p>At Employment Solutions Society, we help Nova Scotia’s employers with recruitment, planning and HR support and we help individuals with career planning, job searching and on-the-job development.</p> <p>Our team helps clients navigate a range of programs and services that will aid their success.</p> <p>Our mission is to enhance the employability of all individuals in our community through learning and inclusive services. Our services are free and are for everyone in Lunenburg and Queens County.</p>	<p><b>Bridgewater: 8:30-4:30 Monday to Friday</b>            215 Dominion St., Bridgewater, NS B4V 2K7            Phone: (902) 543-2479            Toll Free: 1-866-711-0411            Fax: (902) 543-0284  <a href="http://empsolutions.ca">empsolutions.ca</a>            email: <a href="mailto:info@empsolutions.ca">info@empsolutions.ca</a>  <a href="https://www.facebook.com/NovaScotiaWorks/">https://www.facebook.com/NovaScotiaWorks/</a></p> <p><b>Liverpool: 8:30-4:30 Monday to Friday (closed from 12-1pm)</b>            176 Main Street, Liverpool NS B0T 1K0            Phone: (902) 356-2039            Toll Free: 1 (866) 711-0411            Fax: (902) 356-2269  <a href="http://empsolutions.ca">empsolutions.ca</a>            email: <a href="mailto:ebagnald@empsolutions.ca">ebagnald@empsolutions.ca</a>  <a href="https://www.facebook.com/NovaScotiaWorks/">https://www.facebook.com/NovaScotiaWorks/</a></p> <p><b>Chester: 9:00-4:00 Tuesdays &amp; Fridays</b>            3769 Highway #3 (inside Our Health Centre),            Chester, NS B0J 1J0            Phone: (902) 275-8178            Toll Free: 1 (866) 711-0411            Fax: (902) 543-0284  <a href="http://empsolutions.ca">empsolutions.ca</a>            email: <a href="mailto:jlecky@empsolutions.ca">jlecky@empsolutions.ca</a>  <a href="https://www.facebook.com/NovaScotiaWorks/">https://www.facebook.com/NovaScotiaWorks/</a></p> <p><b>Hubbards: 8:30-4:00 Mondays &amp; Wednesdays</b>            10 Pte. Richard Green Lane (inside Aspotogan Heritage Trust Society) Hubbards, NS B0J 1T0            Phone: (902) 275-8178            Toll Free: 1 (866) 711-0411            Fax: (902) 543-0284  <a href="http://empsolutions.ca">empsolutions.ca</a>            email: <a href="mailto:jlecky@empsolutions.ca">jlecky@empsolutions.ca</a>  <a href="https://www.facebook.com/NovaScotiaWorks/">https://www.facebook.com/NovaScotiaWorks/</a></p>

Who?	What?	When & Where?
<p>Southwest Employment Services, a Nova Scotia Works Employment Service Centre</p>	<p>Southwest Employment Services is now a Nova Scotia Works Employment Services Centre. We help Nova Scotia's employers with recruitment, planning and HR support and we help people with career planning, job searching and on-the-job development. Our employees help clients navigate a range of programs and services that will aid their success.</p> <p>Southwest Employment Services is a designated Bilingual Centre.</p> <p><b>Our Mission</b></p> <p><i>Southwest Employment Services strives to work in partnership with the community to create innovative approaches for youth, parents, job seekers, including those with barriers, to integrate themselves in to the labour market, and for employers who need to recruit, manage, and retain employees.</i></p>	<p><b>Yarmouth Office: 8:30am – 4:30pm Monday to Friday</b>  Pier One Complex  103 Water Street  Yarmouth, NS  B5A 4P4  Toll-free: 1-866-868-9673  Phone: (902) 742-5859  Fax: (902) 742-5861  E-mail: <a href="mailto:info@swemployment.com">info@swemployment.com</a>  Website: <a href="http://www.swemployment.com">www.swemployment.com</a></p> <p><b>Shelburne Office: 8:30am – 4:30pm Monday to Friday</b>  Kings Corner  25D King Street  PO Box 328  Shelburne, NS  B0T 1W0  Toll-free: 1-866-868-9673  Phone: (902) 875-2200  Fax: (902) 265-2120  E-mail: <a href="mailto:info@swemployment.com">info@swemployment.com</a>  Website: <a href="http://www.swemployment.com">www.swemployment.com</a></p> <p><b>Barrington Office: 8:30am – 4:30pm Mondays, Wednesdays and Thursdays</b>  Library &amp; CED Centre  3588 Highway 3  Barrington Passage, NS  B0W 1G0  Toll-free: 1-866-868-9673  Phone: (902) 637-3015  E-mail: <a href="mailto:info@swemployment.com">info@swemployment.com</a>  Website: <a href="http://www.swemployment.com">www.swemployment.com</a></p> <p><b>Lockeport Office: 8:30am – 4:30pm Fridays</b>  26 North Street  Lockeport, NS,  B0T 1L0  Toll-free: 1-866-868-9673  E-mail: <a href="mailto:info@swemployment.com">info@swemployment.com</a>  Website: <a href="http://www.swemployment.com">www.swemployment.com</a></p>

Who?	What?	When & Where?
Women Unlimited	Helps unemployed and underemployed women explore, prepare for, obtain and maintain employment in the trades and technology fields.	Program Coordinator: 902-527-1053  Fax: 902-527-1204  Toll-Free: 1-877-527-1053  Email: <a href="mailto:jeannie.eisnor@nsc.ca">jeannie.eisnor@nsc.ca</a>
Acadia Entrepreneurship Centre	Innovation and Incubation Services, Older Worker Program, Personal Entrepreneurship, Self-Employment Program	821 King Street, Unit 2, Douglas Centre Bridgewater, NS B4V 1B1 1-877-232-2723 T: (902) 543-1067 <a href="http://www.acadiaecentre.com/">http://www.acadiaecentre.com/</a>  7 Henry Hensey Drive, Liverpool, NS B0T 1K0 1-877-232-2723 T: 902-350-6818 <a href="http://www.acadiaecentre.com/">http://www.acadiaecentre.com/</a>
South Shore Work Activity Program (SSWAP)	Want to make a change? Need work experience? Looking for employment skills training? South Shore Work Activity Program (SSWAP) assists people from Lunenburg and Queens counties to get employed and stay employed as well as to work through any personal, physical or social challenges. We provide in-house instruction and counselling as well as on-the-job training at our location. Our program is free. We provide a training allowance and can also assist with transportation. Call or e-mail us for more information.	<b>Chester: 8:00 am - 4:00 pm Monday to Friday</b> 23 Collicutt Road, Chester NS B0J 1J0 Phone: (902) 275-5585 Fax: (902) 275-2249 <a href="http://sswap.ca">sswap.ca</a> email: <a href="mailto:info@sswap.ca">info@sswap.ca</a>

## Community Supports

Who?	What?	When & Where?
<p>The South Shore Family Resource Association manages four family resource centres in the Western Zone of Nova Scotia.</p>	<p>The SSFRA Provides free family resource programming to families in Lunenburg, Digby, Queens and Shelburne Counties. Our mission is to work together with families to promote the well-being of children through partnerships, programs and resources.</p>	<p><b>Better Together Family Resource Centre</b>            Open Monday – Thursday 8:30 – 4:30 and Friday’s 8:30 – 12:30            821 King Street, Unit 11            Bridgewater, NS B4V 1B7            Phone: (902)543-3119            Fax: (902)543-1828            General inquiries:  <a href="mailto:capc.bri@ns.sympatico.ca">capc.bri@ns.sympatico.ca</a>            Website:  <a href="https://www.southshorefamilyresource.org/">https://www.southshorefamilyresource.org/</a>            Facebook Page:  <a href="https://www.facebook.com/Better-Together-Family-Resource-Centre-Lunenburg-County-101490878098683">https://www.facebook.com/Better-Together-Family-Resource-Centre-Lunenburg-County-101490878098683</a></p> <p><b>King Street Family Resource Centre</b>            Open Monday – Thursday 8:30 – 4:30            35 King Street, P. O. Box 532            Shelburne, NS BOT 1W0            Phone: (902)875-3256            General inquiries:  <a href="mailto:sandrahemeon@bellaliant.com">sandrahemeon@bellaliant.com</a>            Website:  <a href="https://www.southshorefamilyresource.org/">https://www.southshorefamilyresource.org/</a>            Facebook Page:  <a href="https://www.facebook.com/King-Street-Family-Resource-Centre-Shelburne-County-103694677874223">https://www.facebook.com/King-Street-Family-Resource-Centre-Shelburne-County-103694677874223</a></p> <p><b>The Family Centre Digby</b>            Open Monday – Friday 8:30 – 4:30            # 1 Birch Street, P.O. Box 668            Digby, NS B0V 1A0            Phone: (902)245-2300            General Inquiries:  <a href="mailto:kathleenharris2018@outlook.com">kathleenharris2018@outlook.com</a></p>

Who?	What?	When & Where?
		Facebook Page: <a href="https://www.facebook.com/The-Family-Centre-727591353945422/">https://www.facebook.com/The-Family-Centre-727591353945422/</a>
Queens Family Resource Centre, a Site of the South Shore Family Resource Association	The South Shore Family Resource Association (SSFRA) provides free programming to families with children prenatal to eighteen + in Lunenburg, Queens, Shelburne and Digby Counties. Programs vary from site-to-site. Programming is delivered through four Family Resource Centres and numerous outreach sites, which are located throughout the South Shore and Digby County of Nova Scotia.	<b>Open 8:30-4:30 Monday to Friday.</b>  40 Water Street, P.O. Box 178 Liverpool NS B0T 1K0  <b>Phone: (902) 354-7176</b> General inquiries: <a href="mailto:qfrc@ns.aliantzinc.ca">qfrc@ns.aliantzinc.ca</a> Website: <a href="https://www.southshorefamilyresource.org/">https://www.southshorefamilyresource.org/</a> Facebook Page: <a href="https://www.facebook.com/Queens-Family-Resource-Centre-Queens-County-108518417382994">https://www.facebook.com/Queens-Family-Resource-Centre-Queens-County-108518417382994</a>
Department of Community Services	The Department of Community Services is committed to a sustainable social service system that promotes the independence, self-reliance, and security of the people we serve. This will be achieved through excellence in service delivery, leadership and collaboration with our partners.	<b>Hours: 9am – 5pm</b> 99 High Street Bridgewater, Nova Scotia B4V 1V8  <b>902-543-5527</b>  Outside of business hours: 1-866-922-2434
Freeman House	Provides at risk child, youth, adult and family supports and services focusing on family violence and trauma. Services include: Youth outreach, family support, community hub coordination of services, and family violence prevention and intervention.	48 Empire St. Bridgewater, NS B4V 2L4  <b>902-543-7444</b> <a href="https://fsawns.com/">https://fsawns.com/</a>

Who?	What?	When & Where?
Second Story Women's Centre	Supports women and gender-oppressed people, provides safer spaces, and advocates for social change. Provides: Support, counselling, referrals, personal development, advocacy, volunteer engagement, wellness programs, youth programs and social opportunities.	<b>Hours:</b> <b>Monday, Tuesday &amp; Thursday: 10am – 4pm</b> <b>Wednesday: 11am – 4pm</b> <b>Friday: Staff working remotely: 10am – 1pm</b>  PO Box 821, 18 Dufferin Street Lunenburg, Nova Scotia, B0J 2C0  Contact Info <b>Phone: 902-640-3044</b> Email: info@secondstory.ca  Website: https://www.secondstory.ca
YREACH	Provides information, orientation and settlement support to immigrants and Temporary Foreign Workers and their families who are new to communities across the province of Nova Scotia	<b>Hours:</b> <b>Monday – Friday: 6am – 9pm</b> <b>Saturday &amp; Sunday: 9am – 5pm</b>  Lunenburg County YMCA <b>902-543-9622</b> 75 High St., Bridgewater, Nova Scotia
La Leche League	All breastfeeding, chest feeding or pregnant parents; and supporters who are women	Virtually Meets 2 <sup>nd</sup> Friday of the Month Contacts: <u><a href="mailto:linda.wieser@lllc.ca">linda.wieser@lllc.ca</a></u> <b>(902-531-2044)</b> <u><a href="mailto:mary.dillon@lllc.ca">mary.dillon@lllc.ca</a></u> <b>(902-543-4988)</b> <u><a href="mailto:Leslie.yip@lllc.ca">Leslie.yip@lllc.ca</a></u> <b>(902-292-8592)</b> <u><a href="mailto:Sarah.storm@lllc.ca">Sarah.storm@lllc.ca</a></u> <b>(902-299-0424)</b>



Who?	What?	When & Where?
Community Wheels	<i>Community Wheels</i> is a community-based transportation service offering transportation to ALL residents of the Municipality of the District of Chester, who need a ride. It is intended to offer transportation for such purposes as medical appointments/services, banking, grocery shopping, recreation, socialization, etc.	23 Collicutt Road, PO Box 187, Chester, Nova Scotia B0J 1J0 <b>902-273-2440</b> <a href="mailto:commwheels@sswap.ca">commwheels@sswap.ca</a>  www.communitywheels.ca  <a href="https://communitywheels.ruralrides.ca">https://communitywheels.ruralrides.ca</a>  /  All rides must be booked in advance!
Bridgewater Transit	Since September 2017, the Town of Bridgewater offers a public transit service that connects where people live to key destinations around Town. The 28-passenger bus is wheelchair accessible and travels the route once per hour.	60 Pleasant St., Bridgewater, NS B4V 3X9  T: 902-543-4651
Maritime Bus	Connecting NB, PEI, and NS every Monday, Wednesday, Friday and Sunday for passengers and parcel shipping.	<a href="https://maritimebus.com/en">https://maritimebus.com/en</a>  1-800-575-1807
Harbour House	Mission is to: Empower Women, offer safety, comfort and hope, support and educate the community, promote equality on the South Shore.	Box 355 Bridgewater, NS B4V 2W9 24-Hour Transition House Desk: <b>902-543-3999</b> <b>or 888-543-3999</b>  <b>Outreach: 902-543-9970</b>
Native Council of Nova Scotia	Through our contact relationships, determination, perseverance, collective resolve, dedication, effort and work, for over thirty four (34) years the Native Council of Nova Scotia Community continues to go forward to a better future	129 Truro Heights Rd Truro, NS B6L 1X2  <b>902-895-1523 ext. 221</b>

Who?	What?	When & Where?
	meeting all forms of obstacles and challenges united. As direct descendant Mi'kmaq/Aboriginal Peoples, our continuum will not be broken. There is no turning back.	180 White Point Road, PO Box 2021 Liverpool, NS, B0T 1K0  T: 902-354-2751 F: 902-354-2757
Caregivers Nova Scotia	Provides information, resources and referrals to help people who are caring for a family member or friend. Examples of information provided include provincial and federal programs and benefits available to caregivers, community and health organizations, where to go for financial and legal help, adult day programs and home care and health system navigation.	Website: <a href="http://www.caregiversns.org">www.caregiversns.org</a>  Phone: <b>(902) 421-7390</b>
South Queens Helping Hands Provided By: Queens Care Society	Mobilizes volunteers to help people within their homes with tasks that are becoming too difficult or that can no longer be done safely. Volunteers are set up with individuals on an "as needed" basis.  Some of the tasks that volunteers in the Helping Hands program can assist with include: running errands, picking up mail, changing light bulbs or batteries, taking the garbage, recyclables or a green bin to the curb, various small household jobs, and volunteers may also make a friendly visit to a senior that is isolated or feeling lonely.	Service Website: <a href="http://www.queenscaresociety.ca/helping-hands.html">http://www.queenscaresociety.ca/helping-hands.html</a>  Email:  <a href="mailto:info@queenscaresociety.ca">info@queenscaresociety.ca</a>
Acadia First Nation	Enhancing the quality of living for Acadia First Nation members and their families through community and social development.	Avis Johnson, Box 268 Milton, Queens Co., NS B0T 1P0 T: 902-354-6074 C: 902-350-0547 <a href="mailto:avisjohnson@acadiaband.ca">avisjohnson@acadiaband.ca</a>  Andrew Francis, Box 361 Brooklyn, NS, B0J 1H0 T: 902-277-1021 C: 902-354-2279 <a href="mailto:andrewfrancis@acadiaband.ca">andrewfrancis@acadiaband.ca</a>

Who?	What?	When & Where?
Seniors' Safety Program	<p>Addresses the safety concerns of seniors by promoting education and awareness about senior abuse prevention, crime prevention, and safety and health issues.</p> <p>Provides: information, educational sessions, and referral services to seniors through direct contact with Seniors' Safety Coordinator.</p>	<p>Queens County: Shelley Walker T: 902-350-0231</p> <p>Lunenburg County: Chris Acomb T: 902-543-3567</p>
United Way of Lunenburg County	<p>Volunteer driven organization with a dual role in the community: to motivate donors and raise money to provide financial resources to strengthen areas in the community and seek out organizations and help create dynamics and partnerships that will affect positive social change in Lunenburg County.</p>	<p>Coordinator: Michael Graves PO Box 244, Bridgewater, NS B4V 2W9 T: 902-530-3072 C: 902-521-4704 <a href="mailto:office@lunenburgcounty.unitedway.ca">office@lunenburgcounty.unitedway.ca</a> <a href="http://www.lunenburgcounty.unitedway.ca">www.lunenburgcounty.unitedway.ca</a></p>

## Education Supports

Who?	What?	When & Where?
Queens Learning Network	<p>At Queens Learning Network, we offer free academic upgrading to adults who want to improve their literacy skills in reading, writing and math. We also assist students with enhancing employability skills and preparing for other programs or the GED. Our services are free and are for anyone in Queens County who is 18 years of age or older and not currently in school. Classes are currently offered in online, in-person or blended learning options as well as the option to work from home using paper materials. The variety of options gives learners more choices for how they achieve their goals.</p>	<p><b>8:30 - 3:00pm Monday to Thursday</b> <b>8:30 - 12:00pm on Friday</b></p> <p><b>Phone: 902-354-3635</b></p>
Adult Learning Program	<p>Service Description</p> <p>Offers the Nova Scotia high school graduation diploma for adults.</p> <p>Designed to meet the needs of adult learners who do not have a high school diploma. If</p>	<p>General Inquiries: 902-543-4608</p> <p>Student Services: 902-543-2295</p>

Who?	What?	When & Where?
	<p>students have some grade 11 or 12 credits, they can count towards the diploma. Other credits (from vocational school, colleges, or universities) may be accepted as transfer credits. Credits may also be granted through a process of recognizing prior learning. Documentation of all previous credits is required.</p> <p>Program is available on a part-time and full-time basis and can be completed in-class, online, or through a combination of courses delivered in-class and online.</p> <p>Eligibility</p> <p>Must be 19 years and older, have been out of school for at least one year, and not have a high school diploma * To be admitted to the program all students must meet with a counsellor to complete an assessment process</p>	<p>Fax: 902-543-0190</p> <p>Service Website:  <a href="http://www.nsc.ca/learning_programs/programs/plandescr.aspx?prg=ALP&amp;pln=ALPLEVEL4">http://www.nsc.ca/learning_programs/programs/plandescr.aspx?prg=ALP&amp;pln=ALPLEVEL4</a></p> <p>Email:  <a href="mailto:lunenburg.info@nsc.ca">lunenburg.info@nsc.ca</a></p> <p>Website: <a href="http://www.nsc.ca">http://www.nsc.ca</a></p>
<p>Employment Solutions Society  Lunenburg County Adult  Learning Opportunities</p>	<p>Our programs are <b>at no cost</b> and have open attendance, you can attend when you are able. We make every effort to fit programs to your current lifestyle!</p>	<p><b>Bridgewater: 8:30-4:30 Monday to Friday</b>  215 Dominion St., Bridgewater, NS B4V 2K7  <b>Phone: (902) 543-2479</b>  Toll Free: 1-866-711-0411  Fax: (902) 543-0284  <a href="http://empsolutions.ca">empsolutions.ca</a>  email:  <a href="mailto:info@empsolutions.ca">info@empsolutions.ca</a></p>
<p>Nova Scotia School for Adult Learning</p>	<p>NSSAL programs are designed to serve Nova Scotian adults who want to: improve their essential skills which include reading, math, computer, and other important academic and workplace skills; work towards a <u>Nova Scotia High School Graduation Diploma for Adults</u> or prepare for the <u>General Education Development (GED)</u> tests; and/or upgrade their</p>	<p><b>877-466-7725 (Toll-free)</b></p>

Who?	What?	When & Where?
	high school credits to qualify for post-secondary education.	
Shelburne County Learning Network	To increase the literacy and other essential skills of Shelburne County adults which will contribute to the social and economic development of our communities.	<p><b>Barrington : 902-637-4333</b>  Shelburne County Learning Network  P. O. Box 441  Barrington Passage NS B0W 1G0</p> <p><b>Shelburne : 902-875-2222</b>  25C King Street Shelburne B0T 1W0</p>
Vocational Services	Provides access to vocational training, workplace education, social, recreational, and educational programs based on personal skill development. Education focuses on skills in areas of literacy, mathematics, and computer technology.	<p>Client Services Coordinator: <b>902-543-1189 ext 1</b></p> <p>General Inquiries: 902-543-1189</p> <p>Fax: 902-543-6041</p> <p>Email:  <a href="mailto:theark@ns.sympatico.ca">theark@ns.sympatico.ca</a></p> <p>Website: <a href="http://www.thearkns.org">http://www.thearkns.org</a></p>
Western Halifax Community Learning Network	Community-based non-profit organization that provides quality adult learning programs in the Halifax area.	<p><a href="https://www.hcln.ca">https://www.hcln.ca</a>  T: 902-422-7648  <a href="mailto:info@hcln.ca">info@hcln.ca</a>  1657 Barrington St., Halifax, NS B3J 2A1</p>
Language School Lunenburg	LEARN with our highly trained and vibrant English-language teaching professionals. We offer small classes and English Language Programs suitable for all language learners.	<p>+44 20 3966 7274  97 Kaulbach St., Lunenburg, NS B0J 2C0  <a href="https://www.eurocentres.com/language-school-lunenburg#section-2">https://www.eurocentres.com/language-school-lunenburg#section-2</a></p>
Immigrant Services Association of Nova Scotia (isans)	ISANS recognizes the key role of immigrants in Canadian society. We work with newcomers to help them build a future in Canada. We provide a wide range of services to immigrants, from refugee resettlement to professional programs, from family counselling to English in the Workplace.	<p>Monday – Friday, 8:30am – 4:30pm  <a href="mailto:info@isans.ca">info@isans.ca</a></p> <p>Mumford Professional Centre  6960 Mumford Road, Suite 2120  Halifax, NS, B3L 4P1  902-423-3607  Toll Free: 1-866-431-6472</p> <p>Bayers Road Professional Centre  7071 Bayers Road, Suite 164  Halifax, NS, B3L 2C2  902-406-3558</p>

Who?	What?	When & Where?
		2717 Joseph Howe Drive, Second Floor Halifax, NS, B3L 4T9 902-406-7794

## Food Banks/ Soup Kitchens

Who?	What?	When & Where
Bridgewater Interchurch Food Bank	Provides emergency food support to those in need. Normally provides three to five days of food. Food donations accepted.	<b>Bridgewater: Tuesday &amp; Friday: 1pm – 3:30pm</b> 902-543-1915 150 Churchill St., Bridgewater
Lighthouse Food Bank Society	Providing food staples to clients in Municipality of Chester for over thirty-one years.	<b>Chester:</b> <b>Wednesday: 9:30am – 12:30pm</b> 902-275-5304 8 Tremont St., Chester
Lunenburg Interchurch Society	The Lunenburg Interchurch Foodbank serves folks in the Lunenburg area.	<b>Lunenburg:</b> <b>Hours: Tuesday 9am - 12pm</b> 902-521-1078 136 Cumberland St.
Mahone Bay Area Food Bank Association (Feed Nova Scotia)	Our mission is to increase food security through food distribution, education, and collaboration.	<b>Mahone Bay:</b> <b>Tuesday: 9:30am – 12pm</b> <b>2<sup>nd</sup> and 4<sup>th</sup> of each month</b> 902-624-0890 45 School St., Mahone Bay
New Germany Area Food Bank (Feed Nova Scotia)	Our mission is to increase food security through food distribution, education, and collaboration.	<b>New Germany:</b> <b>Wednesday: 10am - 12pm</b> 902-644-3336 5341 Upper Branch Rd., New Germany
Queens County Food Bank	Eligibility - Individuals in need of food * Clients can access the food bank every four weeks * Based on information contained in the FEED NOVA SCOTIA membership database and Client Registry History	<b>Liverpool:</b> <b>Hours:</b> <b>Tuesday: 10am - 3pm</b> 902-354-4894 108 College St., Liverpool
Salvation Army Community & Family Services	Food vouchers available once every 90 days for individuals who find themselves in an emergency situation	<b>Bridgewater</b> 902-543-5471 215 Dominion St.,

<b>Who?</b>	<b>What?</b>	<b>When &amp; Where</b>
Shelburne Loyalist Food Bank (Feed Nova Scotia)	Our mission is to increase food security through food distribution, education, and collaboration.	<b>Shelburne:</b> <b>Wednesday: 9am –12pm</b> 902-875-3823 21 Anne St., Shelburne
Souls Harbour Bridgewater	Provides a hot meal to those in need.	<b>Bridgewater:</b> General Inquiries: 902-530-5030  Email: <a href="mailto:mporter@shrm.ca">mporter@shrm.ca</a>  Website: <a href="http://www.shrm.ca">http://www.shrm.ca</a>

## Youth Resources

<b>Who?</b>	<b>What?</b>	<b>When &amp; Where?</b>
Freeman House	<p>Youth Outreach is a responsive program for people aged 16-24 that provides services responding to the needs of young people in the community. Some of the support and services you can find with the Freeman House Youth Outreach team are:</p> <p>Safe space, Outreach support and services, Healthy relationships support and services, Personal and life skill development support and services, Youth engagement and contribution support and services, Community collaborations and connections</p> <p>Through these supports we hope to help you achieve improved access to your basic needs, increased positive, healthy relationships with peers and caring adults and increased sense of belonging along with many others!</p>	<b>Bridgewater:</b> 48 Empire St, Bridgewater, NS B4V 2L4, Canada (902) 543-7444
Youth Zone, Lunenburg County YMCA	The YMCA of Southwest Nova Scotia provides vital services such as health, fitness and recreation, childcare, newcomer and youth programs. The YMCA is an inclusive organization connecting people to life-building	<b>Bridgewater:</b> 75 High St, Bridgewater NS B4V 1V8  Phone: 902-543-9622  Email: <a href="mailto:kim_roy@ymca.ca">kim_roy@ymca.ca</a>

Who?	What?	When & Where?
	opportunities, to each other and enhances their quality of life.	Website: <a href="http://www.ymcalunenburgcounty.org">http://www.ymcalunenburgcounty.org</a>
NSCC: Achieve	<p>A 1-year program that prepares students for life after high school by focusing on employability, independent living, and personal wellness and safety. Works with students to develop a personalized plan for independent and healthy living.</p> <p>Eligibility</p> <p>Individuals 18-21 years of age who have a high school diploma or equivalent with an Individual Program Plan (IPP) - Academic, Social/Behavioural, or Life. Applicants must be able to: Function in a post-secondary educational environment without a teacher's assistant * Manage their own personal care * Demonstrate appropriate behaviour for a college and community environment * Have the capacity to function in a group environment without one-on-one support</p>	<p><b>Lunenburg:</b> General Inquiries: 902-543-4608 Student Services: 902-543-2295 Fax: 902-543-0190</p> <p>Service Website: <a href="http://www.nsc.ca/learning_programs/programs/PlanDescr.aspx?prg=ACHV&amp;pln=ACHIEVECO">http://www.nsc.ca/learning_programs/programs/PlanDescr.aspx?prg=ACHV&amp;pln=ACHIEVECO</a></p> <p>Email: <a href="mailto:lunenburg.info@nsc.ca">lunenburg.info@nsc.ca</a></p> <p>Website: <a href="http://www.nsc.ca">http://www.nsc.ca</a></p>
Bikes for Kids	<p>Refurbishes gently used bikes and gives them to kids and their parents who can't afford to purchase one.</p> <p>Bikes are distributed in June during National Bike Week. Accepts donations of bikes from the last week September to the first week of November of each year.</p>	<p><b>Lunenburg:</b> General Inquiries: 902-530-3072 Voice Mail Only General Inquiries: 902-521-4704 Email: <a href="mailto:office@lunenburgcounty.unitedway.ca">office@lunenburgcounty.unitedway.ca</a> Website: <a href="http://www.lunenburgcounty.unitedway.ca">http://www.lunenburgcounty.unitedway.ca</a></p>
PROKids	<p>Provides financial assistance to children and youth who, due to lack of funds, are not able to participate in sport, recreation and cultural activities.</p> <p>Families can access funds to cover the cost of registration fees, equipment and</p>	<p><b>Bridgewater:</b> 60 Pleasant St., Bridgewater, NS B4V 3X9 Phone: 902-541-4367 Fax: 902-543-6876 Email: <a href="mailto:diana.johnson@bridgewater.ca">diana.johnson@bridgewater.ca</a></p>



Who?	What?	When & Where?
	transportation for a sport or recreational activity of your child's choice.	
SchoolsPlus	Collaborative interagency approach supporting the whole child and their family with the school as the center of service delivery.	<b>South Shore Regional Centre for Education</b> <b>T: 902-521-9817</b> <b>ljensen@ssrce.ca</b>

## Legal Support

Who?	What?	When & Where?
Mi'kmaw Legal Support Network	The CMM Legal Advisor provides in- house legal services to the CMM and its five affiliated entities, Mi'kmaq/Maliseet Nations News Association (MMNN), Eastern Woodland Print Communications (EWPC), Mi'kmawey Debert Cultural Centre (MDCC), and Mainland Mi'kmaq Developments Inc. (MMDI)	Monday to Friday: 8:30am – 4:30pm
Nova Scotia Legal Aid	Nova Scotia Legal Aid has many free legal services to help adults and youth facing a range of legal issues. Legal Advice offered to all Nova Scotians (no financial qualification): Advice at court from a Duty Counsel lawyer if you've been charged or detained. Advice over the telephone if you are under arrest and in police custody. Summary advice at Family Courthouses, in the community, or in any of our service offices.	Bridgewater, NS Nova Scotia Legal Aid 202-141 High Street Bridgewater, NS B4V 1W2 902-543-4658 Toll Free 1-866-543-4658 Fax 902-543-3044 Liverpool Sub-Office Nova Scotia Legal Aid 212 Main Street 902-354-3215 Toll Free 1-866-543-4658
South Shore Community Justice Society	Our office administers the Restorative Justice Program in Lunenburg and Queens Counties for youth and adults who have come into conflict with the law	Bridgewater: Monday to Friday: 8:30-4:30 (By appointment only due to COVID-19)  129 Aberdeen Rd, Suite 208, Bridgewater, NS  Phone: (902) 543-1841 Fax: (902) 543-1766 Office cell: (902) 298-3700 Email: <a href="mailto:sscjs@eastlink.ca">sscjs@eastlink.ca</a>

Who?	What?	When & Where?
Nova Scotia Legal Aid Commission	Nova Scotia Legal Aid provides some level of help to all Nova Scotians with a focus on providing support for the most vulnerable and historically disadvantaged including First Nations Peoples, African Nova Scotians, Immigrants and economically disadvantaged persons.	Phone: 902-420-8815
reachability Association	Provides supportive and accessible programs that build capacity for inclusion and equalize playing field for people facing barriers.	Suite 201 3845 Joseph Howe Drive Halifax, NS B3L 4H9  <a href="https://www.reachability.org">https://www.reachability.org</a> T: 902-429-5878 1-866-429-5878 <a href="mailto:info@reachability.org">info@reachability.org</a>  Monday – Friday: 8am – 4pm

## Housing Information

Who?	What?	When & Where?
Western Regional Housing Authority	Housing Nova Scotia relies on the expertise and professionalism of its regional Housing Authorities (HA) staff for the maintenance of safe, suitable, and affordable housing for the benefit of low-income Nova Scotians.	<b>Bridgewater office</b> 99 High Street Bridgewater, NS B4V 1V8  Phone: (902) 543-8200 Toll Free: 1-888-845-7208 Fax: (902) 527-1357
Support Services Group Co-operative	Seeks to encourage self-supported and self-managed living for members in a manner that allows maximum freedom and dignity. The co-operative: helps organize and maintain suitable housing of members, provides support and assists members with all challenges of independent living, provides learning opportunities for members that will increase skills and independence, provides social support and a social network for members, liaises between members and their families.	General Inquiries: 902-530-3775  Fax: 902-530-3776  Website: <a href="http://www.ssgns.ca">http://www.ssgns.ca</a>

## Mental, Sexual and Physical Health

Who?	What?	When & Where?
<p>Alcoholics Anonymous (A.A.), an international mutual aid fellowship enabling its members to stay sober and help other alcoholics achieve sobriety.</p>	<p>Alcoholics Anonymous (A.A.) is an international fellowship of men and women who have had a drinking problem. It is nonprofessional, self-supporting, multiracial, apolitical, and available almost everywhere. There are no age or education requirements. Membership is open to anyone who wants to do something about his or her drinking problem. A.A. members share their experience with anyone seeking help with a drinking problem; they give person-to-person service or “sponsorship” to the alcoholic coming to A.A. from any source. The A.A. program, set forth in our Twelve Steps, offers the alcoholic a way to develop a satisfying life without alcohol. This program is discussed at A.A. group meetings where one member speaks briefly about his or her drinking experience, and then leads a discussion on A.A. recovery or any drinking-related problem anyone brings up. <i>(Closed meetings are for A.A.s or anyone who may have a drinking problem.)</i></p>	<p><b>A.A. 24 Hour Support Service: (902) 521-8114</b></p> <p><b>Monday – 8pm</b> New Beginnings Group 409 Main St, Liverpool</p> <p><b>Monday/Friday – 8pm</b> Serenity Group Zoom ID#: 630 232 462 Password: 344487</p> <p><b>Tuesday – 8pm</b> One Day At A Time Group 78 Alexandra Ave, Bridgewater</p> <p><b>Tuesday - 7pm</b> Women’s Party Room Meeting (Limit 10) LCLC–135 N Park St. Bridgewater (“Party Room” by Pool Changerooms)</p> <p><b>Wednesday – 730pm</b> Fellowship Group 36 John St. – Shelburne (Entrance on Hammond St.)</p> <p><b>Wednesday – 8pm</b> Action Group 78 Alexandra Ave., Bridgewater (Gym) Zoom ID# 306 487 814 Password 178214</p> <p><b>Thursday/Saturday – 8pm</b> LaHave Group 29 Phoenix St, Bridgewater</p> <p><b>Sunday – 7pm</b> Simple Coffee Group 101 Edgewater St, Mahone Bay</p>

Who?	What?	When & Where?
Second Story Women's Centre	<p>We support women and gender-oppressed people, provide safer spaces, and advocate for social change.</p> <p>All of our services are free!</p>	<p><b>Lunenburg:</b> Monday – Friday 10:00am-4:00pm</p> <p>18 Dufferin Street Lunenburg, NS B0J 2C0</p> <p>Phone: (902) 640-3044</p>
Nova Scotia Health	<p>Nova Scotia Health is the largest provider of health services in Nova Scotia, with some specialized services also offered to clients throughout Atlantic Canada. We're on a mission to achieve excellence in health, healing and learning through working together, which is reflected in the hospitals, health centres and community-based programs we operate across the province. Our passionate team of professionals provides a variety of high-quality inpatient and outpatient services including academic, tertiary, and quaternary care, as well as continuing care, primary health care, public health, and mental health and addictions. Join a diverse team of innovators, collaborators and creative thinkers today. Career opportunities are available in communities across Nova Scotia for caring, dedicated people who share our mission - Working together to achieve excellence in health, healing and learning.</p>	<p><b>South Shore:</b> Visit us online at <a href="https://jobs.nshealth.ca/">https://jobs.nshealth.ca/</a></p> <p>Or contact us via email based on your location:</p> <p>Annapolis, Kings, Digby, Shelburne, Yarmouth, Lunenburg and Queens Counties <a href="mailto:recruitment.services-wz@nshealth.ca">recruitment.services-wz@nshealth.ca</a></p>
South Shore Sexual Health	<p>Our services are free for everyone. We welcome all ages, abilities, genders, and orientations!</p> <p>Compassionate Items, The TransFORMATION Closet: Gender Affirming Gear, Education, Guidance, Resources and Information, Free or Low-Cost Safer Sex Supplies and Pregnancy Tests.</p>	<p><b>Bridgewater:</b> Monday – Thursday 8:30am-4:00pm 109 Logan Road, Unit 1B, Bridgewater</p>
Community Drop – In Bridgewater, Health Authority	<p>Dawson Centre is located on Dufferin St. in Bridgewater. It also houses various businesses as well as the mental health and addictions clinic.</p>	<p><b>Bridgewater:</b> General Inquiries: 902-543-5400</p>

Who?	What?	When & Where?
		Monday, Wednesday, Thursday and Friday: 8:30 a.m. to 4:30 p.m. Tuesday: 8:30 a.m. to 8 p.m.
Disability Support Program	Provides support to persons with a disability in an approved, private family home. The program provides a family-like setting for individuals who may require varying levels of support and supervision, may prefer living with a family and will benefit from the additional support a family environment can provide.	General Inquiries: 902-543-5527 Child Welfare Services: 902-543-4554 Fax: 902-543-6186 Service Website: <a href="http://www.novascotia.ca/coms/disabilities/AlternativeFamilySupport.html">http://www.novascotia.ca/coms/disabilities/AlternativeFamilySupport.html</a>
VON Queens County	Easy Movers Exercise Program, Foot Care Clinics, Frozen Favorites - Queens County District, General Home Visiting Nursing Program, Hips and Knees, Meals on Wheels – Liverpool, VON Queens County Transportation Program	<b>Liverpool:</b> General Inquiries: 902-354-3297 Fax: 902-354-5520 Toll-Free: 1-866-540-2360 Nursing Related Visits Email: <a href="mailto:lisa.tarr@von.ca">lisa.tarr@von.ca</a> Website: <a href="http://www.von.ca">http://www.von.ca</a>