

## **Emergency/crisis lines:**

**In case of emergency, you can call 911 for medical or police services**

**For non-emergency health information, you can call 811 to speak to a Registered Nurse. Additional information is available online at [811.novascotia.ca](http://811.novascotia.ca)**

**Help Line:** 902-421-1188 (in Halifax) or 1-877-521-1188 (elsewhere in Nova Scotia), TTY line 902-443-2660 - this 24 hour crisis line provides supportive listening and crisis support, and can help you work through a range of issues (including relationships, mental health concerns, addictions, parenting support, and food/housing concerns).

**Youth Help Line:** 902-420-8336 - Support for youth (unknown schedule of availability or specific services offered)

**Kids Help Phone:** 1-800-668-6868 – Free, anonymous, 24/7 support from professional counsellors, addressing all issues from school and relationship troubles to grief and suicide. Serves youth aged 20 and under. Online counselling and peer support is also available at [kidshelpphone.ca](http://kidshelpphone.ca).

**Avalon 24-Hour Help Line:** 902-425-0122 - if you have just experienced a sexual assault, you can call this number to speak to a Sexual Assault Nurse Examiner (SANE). This line also allows you to set up an immediate meeting with a SANE at the emergency room of the IWK, QEII, Dartmouth General Hospital, or Cobequid Community Health Centre for a medical and/or forensic exam. This service is available to people of all genders and all ages within 72 hours of experiencing sexual assault.

**Mobile Mental Health Crisis Team:** 429-8167 or 1-888-429-8167 - this line provides crisis support for children, youth, and adults experiencing a mental health crisis (which could include thoughts of suicide, distorted or psychotic thinking, intense anxiety, overwhelming depression, feeling unable to cope or out of control). It offers telephone crisis support throughout the HRM, and mobile response to areas served by Halifax Regional Police.

**Bryony House Distress Line:** 902-422-7650 – Provides support to women considering leaving an abusive partner or in an escalating situation of abuse who need help leaving. Available 24/7.

**Halifax Regional Police Bullying Hotline:** 490-SAVE (490-7283), text 233-SAVE, email [bullyhotline@halifax.ca](mailto:bullyhotline@halifax.ca) – Responds to calls, texts, and emails from 8 am – 8 pm Monday-Friday. The police bullying team gives support to youth, parents, and teachers dealing with a bullying or fight situation.

# **Abuse/sexual assault**

**Avalon Sexual Assault Centre general phone line:** 902 422 4240

**Avalon Sexual Assault Centre 24 hour help line:** 902 425 0122

<http://www.avaloncentre.ca/>

1526 Dresden Row, Fourth Floor, Halifax NS B3J 3K3

Provides access to SANEs (Sexual Assault Nurse Examiners), low-cost group programming, trauma information, information for non-offending parents, free individual counselling, workshops for survivors, legal support and advocacy.

Avalon's counselling services are only offered to WOMEN over 16 years of age (except the SANE program, which treats people of all genders and all ages).

**24 Hour SANE (sexual assault nurse examiner) response line:** 902 425 0122

A Sexual Assault Nurse Examiner is a Registered Nurse who has advanced training and education in forensic examinations of sexual assault victims. The SANE program is a partnership with the IWK Hospital for Women, Children and Families, the QEII Health Sciences Centre, and the Dartmouth General Hospital. On-call SANEs provide 24/7 emergency response, response to the emergency departments of the local hospitals, expert testimony in a court of law, supportive follow-up for victims and their families, and the storage of forensic evidence for up to 6 months. The SANE program WILL NOT provide: transportation, medical services outside the hospital emergency departments, or medical treatment to anyone other than a victim of sexual violence.

**Nova Scotia Domestic Violence Resource Centre:**

<http://www.nsdombesticviolence.ca/>

A site that contains information about what constitutes domestic abuse and violence, how to get help, how to help others, and how to address one's own abusive behaviours. It provides a list and map of organizations throughout Nova Scotia that may be able to help, with contact information for each organization. Run by the Nova Scotia Advisory Council on the Status of Women.

**Halifax Regional Police Victim Services:** 902 490 5300

The Victim Services Unit of Halifax Regional Police is a police-based victim support unit. The Unit was established in 1996 to provide supportive services to victims of crime, with particular emphasis on victims of domestic violence. The Unit is comprised of civilian employees and volunteers who work with police members. Once officers have responded to a crime and ensured the physical safety of all involved, Victim Services may be called to assist with non-policing issues such as emotional support and referral information. The Unit can also provide safety planning, counselling, and crisis intervention at the scene of violence.

**Dalhousie Harassment Prevention Advisor at the Office of Human Rights, Equity, and Harassment Prevention:** 902 494 1137

Members of the Dalhousie community can contact this office if they wish to report sexual harassment or violence on campus. They can also report sexual harassment and assault to South House if they don't wish to go through the office.

**King's Vice President Kim Kierans:** 422 1271 ext. 164

In the absence of a dedicated ombudsperson or sexual harassment advisor, the Vice President is a resource and support for members of the King's community who experience harassment or assault.

**Hollaback! Halifax:** <http://halifax.ihollaback.org/>, @HollabackHRM (Twitter)

An online peer-support network where people of all ages and genders can share and discuss their experiences of street harassment.

## **Sexual and Reproductive Health**

**Halifax Sexual Health Centre**

902 455 9656

<http://www.halifaxsexualhealth.ca/>

(formerly Planned Parenthood Metro Clinic)

The Halifax Sexual Health Centre offers inclusive, non-judgemental service that promotes sexual and reproductive health within an environment that respects and supports individual choice. Emergency contraception (also known as "ECP", "Plan B", or "the morning-after pill"), and birth control refills are available during open hours. Anonymous HIV testing and counselling on Tuesdays and Thursdays (8:30 a.m. - 10:00 a.m.). STI testing (swabs and urine) and treatment; birth control options counselling; birth control prescriptions; IUD insertions and removals; pregnancy tests; pregnancy options counselling; referrals for pre-natal care, adoption services, and therapeutic abortions; Pap tests; breast exams; testicular and prostate checks. HIV nurses perform blood testing for hepatitis B, hepatitis C, and syphilis, Hep A/B vaccine for members of higher-risk populations (e.g. men who have sex with men, individuals involved with IV drug use, etc.). Counselling services are available as well and include one-on-one (or with your partner) counselling with a doctor on sexual health issues, which may include (but is not limited to): sexuality and relationship issues; sexual assault/rape/trauma; bio-identical hormone treatment assessment.

**Dalhousie Sexual health centre:** 902 455 9656

<http://healthservices.dal.ca/>

Provides non-emergency medical treatment, STD/STI testing, pregnancy testing, HIV testing, emergency contraceptive. Dalhousie Health Service is **NOT A WALK IN CLINIC**. You must make an appointment in advance. HOWEVER, if you have an urgent medical problem, please call the office at 494-2171 and ask to speak to the nurse, and you will be fit in with the on-call doctor.

To book an appointment, call our APPOINTMENTS LINE at 494-2171 and book a time that is convenient for you. It is not necessary for you to disclose personal health matters to a receptionist when making an appointment. Contact information, hours and a list of services and fees are available at <http://healthservices.dal.ca/>. Plan B (emergency contraceptive is \$20, and a pregnancy test has a \$15 fee)

**Stepping Stone** | 902 420 0103 | [rene@stepping-stone.org](mailto:rene@stepping-stone.org)

<http://steppingstonens.ca>

2151 Gottingen Street

Stepping Stone was founded in 1987 and is the only organization in the Maritimes that deals specifically with street life and sex work from a harm reduction model. Our offices and drop-in centre are located in a modest, non-residential house, where many of our staff members are former sex-workers. Our support is crucial to the well-being of hundreds of female, male and transgendered sex workers, and we do this in several key ways.

**The Family Focus Medical Clinic** Halifax Professional Building | Suite 201, 5991 Spring Garden Road  
Phone: 420.2038

Website: <http://www.thefamilyfocus.ca/>

Our Women's Health Clinics are generally held on Saturday mornings at all of our clinic locations except the Medicine in Motion Medical Centre. The frequency of these clinics depends on physician availability and the patient demand for these services. These clinics are staffed by female physicians and offer the following services:

- Pap smears
- STD testing/screening
- Breast examinations
- Birth control and menopause counseling

These clinics require an appointment. Please check the calendar for the next Women's Health Clinic in your area and call the clinic directly for more information and to book an appointment.

Midwifery Coalition of Nova Scotia |

<http://www.chebucto.ns.ca/health/Midwifery/index.htm>

The Midwifery Coalition is a consumer group. For over 20 years, the Midwifery Coalition of Nova Scotia has been working to have midwifery accepted as a regulated health profession. Our goal is for midwifery services to be available to all women in Nova Scotia, and have these services covered by health insurance.

We do our work by:

- lobbying politicians, health ministers, health critics, and civil servants
- participating in government sponsored task forces, working groups and committees
- maintaining a website with information on midwifery and links to other useful sites
- organizing public events and programs to let Nova Scotians know about midwifery

We are not midwives.

## **Legal Information and services**

**DSU Legal Assistance Service:** Provides legal help to Dalhousie students for any legal problem, regardless of whether or not it is University related. SUB, Room 222. [dsusec@dal.ca](mailto:dsusec@dal.ca).

**Legal Information Society of Nova Scotia:** [legalinfo.org](http://legalinfo.org) | [lisns@legalinfo.org](mailto:lisns@legalinfo.org)  
5523 B Young Street, Halifax NS B3K 1Z7  
General Inquiries: 902 455 3135  
Legal Information & Lawyer Referral Line: 1 800 665 9779  
Dial-A-Law\*: 902 420 1888

\* Offers recorded messages on various legal topics

“LISNS is the Legal Information Society of Nova Scotia. We are a charitable organization that has been operating for 30 years. Our mission is to enable Nova Scotians to have access to legal information, solve legal problems with informed choices, act on their rights and responsibilities. Our vision is that citizens of Nova Scotia understand and are able to act on their rights and responsibilities in accordance with the law.”

**Dalhousie Legal Aid Services:** [law.dal.ca/dlas](http://law.dal.ca/dlas) | 423 8105 | [legalaid@dal.ca](mailto:legalaid@dal.ca)  
2209 Gottingen Street, Halifax NS B3K 3B5

Dalhousie Legal Aid Service is a community-based office in the north-central neighbourhood of Halifax, Nova Scotia. It also is a clinical program for law students and is operated by the Schulich School of Law at Dalhousie University. Our funding is provided by Dalhousie Law School, the Nova Scotia Legal Aid Commission, the Law Foundation of Nova Scotia and clinic alumni, friends of Dalhousie Legal Aid Service and special events. Dalhousie Legal Aid has a three-part mandate:

- 1) to provide legal aid services for persons who would not otherwise be able to obtain legal advice for assistance;
- 2) to conduct research, provide information, make recommendations, and engage in programs relating to legal aid and law reform in the Province of Nova Scotia;
- 3) to provide an educational experience in the solution of legal problems for students enrolled in the Faculty of Law of Dalhousie University who participate in the work of the service.

**Look under News and Events for a Tenant Rights Guide and a Welfare Rights Guide.**

**Nova Scotia Legal Aid:** nslegalaid.ca

2830 Agricola St | 902 420 3450 or toll free 1 866 420 3450

Adult Criminal Law | 400-5475 Spring Garden Rd | 902 420 6583 or toll free 1 877 777 6583

HRM Youth and Duty Counsel | 401-5475 Spring Garden Rd | 902 420 7800

Nova Scotia Supreme Court Family Division: Duty Counsel | 3380 Devonshire Ave | 902 424 5616

“We provide legal representation primarily in criminal and family law cases. Financial, service coverage, and merit qualifications must be met. More information on services provided can be found at: <http://www.nslegalaid.ca/provided.php>. “

**L'Association des juristes d'expression française de la Nouvelle-Écosse**

ajefne.ns.ca

Information sur les avocats et juristes de la Nouvelle-Écosse qui travaillent en français. Inclut aussi un lexique juridique en français.

**Family Law Nova Scotia** nsfamilylaw.ca

This website offers information relating to the law, processes, and services that make up family law in Nova Scotia. This website will help you understand your family law issue and will provide the tools to allow you to navigate the options available to help solve your problem.

Call 902 424 5232 for information or 902 424 5616 to make an appointment with a Summary Advice Lawyer

**Mi'kmaw Legal Support Network:** cmmns.com/Legal.php

The Mi'kmaw Legal Support Network (MLSN) is the umbrella operation from which culturally appropriate, justice related projects and programs are developed and implemented. The administration of MLSN is operated through The CMM with staff in Millbrook, Halifax and Eskasoni. MLSN services are available to all Aboriginal people residing in Nova Scotia.

**Elizabeth Fry Society of Mainland Nova Scotia** | 902 454 5041 or toll free outside of the HRM 1 877 619 1354

<http://www.efrynovascotia.com/>

2352 Gottingen Street, Halifax NS

[efrymain@efrynovascotia.com](mailto:efrymain@efrynovascotia.com)

Holly House: 1 Tulip Drive, Dartmouth

Outreach Worker: 902 446 4592

Financial Coordinator: 902 446 3974

Housing Applications: 902 454 5041 ext. 24

Our Thyme Cafe: 98 Portland Street, Dartmouth 902 446 3974 or 406 7467

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

The Elizabeth Fry Society of Mainland Nova Scotia was formed by a group of concerned citizens who realized the need to work with, and on behalf of women in conflict with the law. These citizens also identified the need to raise public awareness on related issues. They were interested in how the Nova Scotia criminal justice system depicted, and treated women.

Our Mission Is to respond to the needs of women in prison; develop community services and supports for women who have been charged with offences or are at risk of coming into conflict with the law; improve the quality of life for the children by assisting the mother in overcoming barriers to meeting societal expectations; raise public awareness by publicizing issues of women and the law; lobby for improved penal facilities for women; lobby for changes in criminal justice.

### **Holly House**

Located on 1 Tulip Street, Dartmouth, N.S., Holly House provides affordable housing for homeless women. Each Woman can stay up to 2 years, and during that time participate in a number of services aimed at helping her to become an independant, productive member of society.

**Our Thyme Cafe** Based on a model of social enterprise Our Thyme Cafe and Catering provides an education and employment program for women and female youth experiencing or at risk of experiencing homelessness, involvement in the criminal justice system and/or other issues and barriers related to living in poverty. From an outcomes perspective the project will provide immediate employment skills for women and female youth with a long term goal of creating sustainable employment for those women. Partnerships with the Nova Scotia Department of Community Services Employment Support Program and Service Canada's Employment Program will provide wage subsidy and job creation monies to support this initiative. Our program is open to all women.

**Department of Victim Services:** [novascotia.ca/just/victim\\_Services/](http://novascotia.ca/just/victim_Services/)

277 Pleasant Street, 3<sup>rd</sup> Floor, Dartmouth 902 424 3307

Victim Services has four Regional Offices and operates four core programs. Victim Services also provides expertise and policy advice and develops special initiatives in response to the needs and concerns of victims of crime.

The Criminal Case: Step-by-Step Guide: [gov.ns.ca/pps/criminal\\_case.htm](http://gov.ns.ca/pps/criminal_case.htm)

## **Rehabilitation Services**

**Alcoholics Anonymous:** <http://www.aahalifax.org/> | (902) 461-1119

“Alcoholics Anonymous® is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self-supporting through our own contributions. AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.”

**Narcotics Anonymous:** <http://www.centralnovaarea.ca/> | Meeting information: 902 454 2913, help line, someone will answer or return your call: 902 789 8323

“Narcotics Anonymous is a non-profit fellowship of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. Membership is open to anyone irrespective of age, sex, religion, lack of religion, race, creed or class. The only requirement for membership is a desire to stop using drugs. Narcotics Anonymous is a completely voluntary organization. Membership is open to anyone with a drug problem seeking help, regardless of what drug or combination of drugs have been used or are using. No membership attendance records are kept. Anonymity is one of NA's most important traditions. There are no dues or fees for membership. Narcotics Anonymous is entirely self-supporting and accepts no financial contributions from non-members. Most members regularly contribute small sums of money at group meetings to help cover expenses such as rent, literature, tea and coffee. Contributions are not mandatory and we ask newcomers and those not financially rehabilitated not to contribute. The core of the Narcotics Anonymous program is a series of twelve steps, adapted from the recovery program of Alcoholic Anonymous. These steps include admitting to a drug problem; seeking help; self-appraisal; confidential self-disclosure; making amends when possible, where harm has been done; achieving a spiritual awakening and supporting other drug addicts who want to recover.”

**Marguerite Centre:** <http://www.themargueritecentre.com> | 902-876-0006, email: [programmarguerite@eastlink.ca](mailto:programmarguerite@eastlink.ca)

“The Marguerite Centre is the only facility of its kind in Nova Scotia for women recovering from addictions and abuse. It is a place where holistic therapies such as reiki, yoga, acupuncture, journal writing and healing circle are as prevalent as



conventional therapies; a place where nature and spirituality hold an integral place in the journey.

Located in the Halifax Regional Municipality, The Marguerite Centre is staffed 24 hours a day. Residents receive their own room, can live here for up to a year, and are empowered to create their own path to healing and recovery. Counsellors work with residents to develop positive personal and family plans and goals.”

**General Information about Drug and Alcohol Rehabilitation:** <http://www.canadadrugrehab.ca/>

This website provides links to drug and alcohol rehabilitation programs across the country including in the Halifax region.

## **Mental Health**

**Laing House:** <http://www.lainghouse.org/> | (902) 425-9018

Laing House is a peer support organization for youth with mental illness. Laing House youth are between the ages of 16 and 30 and have a diagnosis of mood disorder, psychosis, and/or anxiety disorder. It is a youth-driven and community-based organization where young people who are living with mental illness can get the support they need to rebuild their lives and make new connections.

**Family Service Association:** <http://www.fshalifax.com/> | (902) 420-1980

Family Service Association is an independent, not-for-profit, community-based agency that provides professional and confidential counselling services. They provide a range of individual, couple, and family counselling services, and address issues such as relationships, parenting, depression and anxiety, stress, violence and anger, grief and loss, separation and divorce, gambling problems, substance abuse, credit counselling, and other issues. Self-referrals are welcome, and fees are based on one’s ability to pay.

**Dalhousie Counseling Services** | 902 494 2081 |  
4th Floor, Dalhousie Student Union Building, 6136 University Avenue  
<http://counsellingservices.dal.ca>

We are here to help you have a rewarding and successful university experience. We know how significant an investment of time, energy and resources you are making when you decide to come to university and how important it is that any problems that may arise do not prevent you from achieving your goals. We see our staff as kind of a safety net to help you deal with a wide variety of difficulties and to get back on track.

We are here to help you make the important transition from undergraduate to graduate and professional school studies whether what you require is assistance in writing a personal statement or preparing for your

admissions interview. We are also here to help you make the important transition from university to the world of work whether what you need is information on career options associated with your degree or assistance in deciding what career path is right for you.

**LakeCity Employment Services:** <http://www.lakecityemployment.com/> | (902) 465-5000

LakeCity offers employment services to those who are 19 or older and have a primary diagnosis of mental illness. You will meet one-on-one with an employment counsellor who will help you to create and implement a plan. LakeCity can help people access education and training, create a resume and prepare for interviews, help you find paid employment, access money for work related items and training, and more.

## **Women's Centres and Groups**

### **South House Gender and Sexual Resource Centre**

6286 South Street, Halifax NS, B3H 1T8

Phone: 494-2432

The South House Gender and Sexual Resource Centre (SOHO) exists in recognition of our common and diverse needs. We at the Centre know that you cannot work for a society free of sexism and patriarchy without also working for a society free of all forms of oppression. We are here to support all people dealing with oppression. We believe in working together for the creation of a society that is vibrant, life-giving, and safe for people of all genders.

The SOHO is a gender-inclusive "safe space" and home-away-from home for all students, staff, and faculty of the Dalhousie/King's community and welcomes all members of the community. The SOHO provides referrals to resources within the community, free meeting space for anti-oppression groups, a full kitchen, volunteer and employment opportunities, bursaries, free childcare, and much more.

### **St. Mary's University Women's Centre**

5th floor, Student Centre, 923 Robie Street, Halifax, Nova Scotia, Canada B3H 3C3

Phone: 902-496-8722

[smu.womenscentre@gmail.com](mailto:smu.womenscentre@gmail.com)   [www.facebook.com/SMU.WomensCentre](http://www.facebook.com/SMU.WomensCentre)

The Saint Mary's University Women's Centre promotes gender equity and feminisms and celebrates women through activities and events. We are a queer and trans-positive space and embrace an anti-oppression philosophy. We are involved in a variety of political and social causes and activism and invite groups to use our space for feminist projects.

We offer free resources, advocacy, referrals, and unique feminist programming. Some of our services include weekly stitch and bitch gatherings, free sports for women, feminist discussions, workshops and film screenings. We have a growing

feminist library of books, journals and movies available to borrow and free condoms, pads, tampons, coffee and tea!

**Tri-County Women's Centre** | <http://www.tricountywomenscentre.org/index.html>

Outreach offices:

- Digby: 9 Water st. 902 245 6866 | [jenny@tricountywomenscentre.org](mailto:jenny@tricountywomenscentre.org)
- Shelburn: 35 King st. 902 875 04777\*\*\* | [patricia@tricountywomenscentre.org](mailto:patricia@tricountywomenscentre.org)
- Yarmouth: 12 Cumberland st. 902 742 0085 | [tcwc@tricountywomenscentre.org](mailto:tcwc@tricountywomenscentre.org)

The Tri-County Women's Centre is a community based, feminist organization that understands both the need to offer direct services and programs, as well as to carry out community development and social advocacy as a means of achieving equality for women. The centre covers the three counties of Yarmouth, Shelburne, and Digby in the Southwest tip of Nova Scotia. We offer a high level of service that is used by individual women, youth and their families. It is also a place of referral for other community based, government and health agencies. The centre is a multi-issue entry point for women and adolescent girls.

**The Woman's Place, Annapolis** | 902 532 1898 | 1 877 392 8800

[Womensplace1@ns.aliantzinc.ca](mailto:Womensplace1@ns.aliantzinc.ca)

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

228 St George St

Our mission is dedicated to the well-being and economic status of women in the Kings, Annapolis and Digby Counties.

We work with communities to achieve this mission through a variety of [programs and services](#) as well as creating a safe place for women to gather, share, grow and be. By supporting women, we recognize that we in turn nurture the growth of children, families and the entire communities that we serve.

**LEA Place Women's Resource Centre** | 902 885 2668 | [leaplace@ns.symatico.ca](mailto:leaplace@ns.symatico.ca)

<http://www.leaplace.com/>

22709 Highway #7, Sheet Harbour

LEA Place is dedicated to achieving equity and equality for women by:

- Improving the well-being and economic status of women and adolescent girls with information, services, programs, support and advocacy designed to address the complexity of issues in their lives.
- Increasing community awareness and providing public education on issues of concern to women and adolescent girls.
- Uniting women, their communities and government to create public policy to advance the status of women.
- Advocating for women's human rights.

**Antigonish Women's Resource Centre** | 902 863 6221 |

antig.women@ns.sympatico.ca

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

204 Kirk Place, 219 Main Street, Antigonish

We provide services to individual women and adolescent girls that include crisis and ongoing problem-solving support, information, advocacy, accompaniment and referral. Our services and programs are designed to provide a comprehensive approach to problem solving and are delivered in a manner that promotes self-awareness, independence, and individual decision-making.

We act as an initiator and as a participant in our community for action on numerous social issues affecting women. We undertake research, community development and community education initiatives that promote the well-being of women. In addition, we extend some services and programs to women's family members, male and female survivors of sexual assault, and adolescent girls and boys.

**Pictou County Women's Centre** | 902 755 4647 | pcwc@womenscentre.ca

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

503 South Frederick St, New Glasgow

The Pictou County Women's Centre is a non profit, community based resource centre that provides support, advocacy, information, programs and community education.

The Centre is available to ALL women regardless of their age, sexual orientation, background, race or origin. By offering programs and services to women, we further develop social justice, community development, self help and women's health.

**Central Nova Women's Centre** | 902 895 4295 | ed@womenscentre.ca

[www.cnwrc.weebly.com](http://www.cnwrc.weebly.com)

676 Prince Street, Truro

Central Nova Women's Resource Centre provides an opportunity for women of all ages to develop personal and social growth in all areas of life such as: self, family, employment, education, leisure and community.

**Every Women's Centre, Sydney** | 902 567 1212 | [women.centre@ns.sympatico.ca](mailto:women.centre@ns.sympatico.ca)

21 Trinity St, Sydney

<http://www.nsdomeesticviolence.ca/resource-map/every-womans-centre>

The centre offers a variety of services to women and families, from aiding with employment prospects to collecting sponsors for their annual adopt-a-family campaign at Christmas

**Comprehensive list of women's groups** <http://www.distel.ca/womlist/countries/canada/novascotia.html>

The list is sorted by postal code. Search the document by pressing ( ctrl + F key and searching for Halifax or another area). The list was last updated in 2005 and

may be out of date. It is a good starting point when looking for a local women's organization.

## **Women's Shelters**

**Transition House Association of Nova Scotia** | 902 429 7287 |

Provincial Coordinator: Pamela Harrison

215-2099 Gottingen St

thans.ca

[coordinator@thans.ca](mailto:coordinator@thans.ca)

Our organizations "...provide a full range of support services to women and their children in a safe, supportive environment and... provide survivors of violence with opportunities to learn about available resources and alternatives to facilitate informed personal choices and decisions." THANS works from a feminist-based perspective that seeks to work collaboratively with other community organizations and the three levels of government, as allies, in addressing these barriers and eliminating violence against women.

**Adsum House** | 902 423 5049 |

Immediate Housing Assistance: 902 423 4443

2421 Brunswick St

[adsumforwomen.org](http://adsumforwomen.org)

For the past 28 years, Adsum has been meeting women and children and female youth where they are, without judgment, offering a range of services and support during periods of homelessness.

We operate out of four locations in the Halifax Regional Municipality: [an emergency shelter](#), second-stage housing and two affordable, supportive housing buildings for women and children.

**Bryony House** | distress line: 902 422 7650 | administration office: 902 429 9002

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

<http://www.bryonyhouse.ca>

Bryony House is a 24-bed shelter. Each year, approximately 470 women and children stay with us and 2,500 distress calls are answered. Our dedicated counsellors are there to answer the 24-hour distress line, provide individual/group supportive counselling, public education, advocacy and referrals. An important part of our work is to break the cycle of violence. Women who contact us come from many walks of life, socio-economic classes and cultural backgrounds. What they have in common is that they are in, or are fleeing, an abusive intimate relationship.

Today, we continue to provide transitional supports and services that strengthen our community, educate the public and saves lives.

**Barry House** | 902 422 8324 |

2706 Gottingen Street

<http://www.shelternovascotia.com/facilities-and-services/barry-house>

Run by Shelter Nova Scotia

Barry House provides emergency shelter for women and their dependent children experiencing homelessness. Women with pets are welcome too.

**Nehiley House** | 902 454 5532 | [stacydort@shelternovascotia.com](mailto:stacydort@shelternovascotia.com)

3170 Romans Avenue

<http://www.shelternovascotia.com/facilities-and-services/nehiley-house>

Run through Shelter Nova Scotia

Nehiley House is a Community Residential Facility for women making the change from prison living to community living. Sometimes, a Community Residential Facility is called a halfway house. We work very closely with Correctional Service Canada to ensure our community is safe and the women we serve receive the best possible access to programming and services.

**Phoenix House** | <http://www.phoenixyouth.ca> | 902-446-4663

Emergency contacts, Phenix Centre for Youth: 902 420 0676

Phoenix Youth Shelter: 902 446-4663

1094 Tower Road

Phoenix's Emergency Youth Shelter provides homeless youth aged 16-24 with short-term emergency housing and offers an exit from street-life. This 20 single room facility was established in December 2001 to provide safe accommodation to 15 male and five female residents. Services offered through Phoenix's Emergency Youth Shelter include counselling and therapeutic support, crisis intervention, on-site health care, social skills development and clothing, food and other daily essentials. Phoenix also offers a range of other supports, including a ten-bed long-term residential service, a supervised apartment program, and a learning and employment program.

## **Men's Shelters**

**Out of the Cold Emergency Winter Shelter:** 1479 Barrington Street (St. Matthew's Church), 225-0770

Open to all people aged 16 and older, including trans\*-identified people, couples, and people with pets. Capacity: 15. Open 9 pm – 8 am.

**Metro Turning Point:** 2170 Barrington Street, 902 420 3282,

[michellewheeler@shelternovascotia.com](mailto:michellewheeler@shelternovascotia.com), <http://www.shelternovascotia.com/facilities-and-services/metro-turning-point>

Metro Turning Point provides emergency shelter for men experiencing homelessness, operating under a harm reduction framework. Capacity: 80, pets welcome.

**Salvation Army Shelter:** 2044 Gottingen St, 902 422 2363, <http://halifaxcentreofhope.com/>

Provides emergency housing for men aged 19 and up. Capacity: 40.

**Phoenix House:** 1094 Tower Road, 902-446-4663, [www.phoenixyouth.ca](http://www.phoenixyouth.ca)

Phoenix's Emergency Youth Shelter provides homeless youth aged 16-24 with short-term emergency housing and offers an exit from street-life. This 20 single room facility was established in December 2001 to provide safe accommodation to 15 male and five female residents. Services offered through Phoenix's Emergency Youth Shelter include counselling and therapeutic support, crisis intervention, on-site health care, social skills development and clothing, food and other daily essentials. Phoenix also offers a range of other supports, including a ten-bed long-term residential service, a supervised apartment program, and a learning and employment program.

**Sir Stanford Fleming House:** 2549 Barrington Street, 902 423 1219,

[michellemacrae@shelternovascotia.ca](mailto:michellemacrae@shelternovascotia.ca), <http://www.shelternovascotia.com/facilities-and-services/sir-sanford-fleming-house>

Sir Sanford Fleming House is a Community Residential Facility for men making the change from prison living to community living. Capacity: 21.

## **Employment**

**Women's Employment Outreach** | [womensemploymentoutreach.org](http://womensemploymentoutreach.org) | 902 422 8023

1888 Brunswick St Suite 807, Halifax | [admin@womensemploymentoutreach.org](mailto:admin@womensemploymentoutreach.org)

Women's Employment Outreach provides a range of free services to women who are unemployed, nearing unemployment, on stress-related leave, or are looking for a career change.

**Dalhousie Career Services Centre** | [dal.ca/csc](http://dal.ca/csc) | 902 494 3537

Dal's Career Services Centre offers drop-in service as well as longer appointment times for students to meet with a career advisor. They also offer job postings and career fairs.

**Saint Mary's University Student Employment Centre** | [smu.ca/administration/sec](http://smu.ca/administration/sec)

902 420 5499 | 5916 Inglis Centre Saint Mary's University

We help students to prepare for, understand, and enter the labour market. We post job opportunities on our "physical boards" in the centre and post on-line to our website.

**Direction Emploi** | [directionemploi.ca](http://directionemploi.ca) | 902 406 3172 | [info@directionemploi.ca](mailto:info@directionemploi.ca)

Université Sainte-Anne campus 1589, rue Walnut, Halifax

Grâce à notre service de soutien dans la création d'outils pour la recherche d'emploi et notre service de réseautage, nous permettons aux membres de la communauté francophone de faire leur recherche d'emploi dans leur langue. Nous offrons divers

services gratuits et nous vous encourageons à visiter un de nos centres et à explorer notre site Internet.

**MetroWorks Employment Services** | [mymetroworks.ca](http://mymetroworks.ca)

7071 Bayers Rd, Suite 5009, Halifax | 902 453 2982

Lakeside Employment Services | 1492 St. Margaret's Bay Rd | 902 876 4445

Spryfield Employment Services | 349 Herring Cove Rd, Suite 105 | 902 477 5011

With three locations in HRM, Metroworks Employment Services provide job search assistance, training direction and support to clients, who are unemployed, underemployed, seeking employment or changing careers.

**Phoenix Youth Learning and Employment Centre** | 902 431 9682

6169 Quinpool Rd Suite 220, Halifax

[phoenixyouth.mmwebserver1.com/programs/employmentcenter](http://phoenixyouth.mmwebserver1.com/programs/employmentcenter)

The goal of the program is to provide youth with support and learning opportunities for skill development so that they are able to make a successful transition to school. As well, we support youth to develop the necessary and appropriate skills for meaningful employment.

**YMCA Employment Centre of Halifax** | [yechalifax.ca](http://yechalifax.ca) | 902 425 3464

2269 Gottingen St Halifax

The YMCA Employment Centre is a one-stop employment service for job seekers allowing them to job search independently or with assistance, meet with an Employment Specialist or Job Developer, participate in employment readiness workshops, and take computer courses that will assist them with job searching. We offer a resource centre which is open 5 days a week, Monday-Friday from 9 a.m. to 4 p.m. with access to computers for job searching, resume and cover letter writing, and emailing. Fax machines and photocopier are also available for job searchers.

**Job Junction** | [jobjunction.ca](http://jobjunction.ca) | 902 455 9675

Halifax Shopping Centre Annex 6950 Mumford Rd, Halifax

Job Junction is a free service, open to anyone and everyone who is looking for information about employment. Our central Halifax location is close to major bus routes, has plenty of free parking, convenient hours of operation and is wheelchair accessible.

## **Food, Clothing, and Furniture Resources**

**FEED NS** | [www.feednovascotia.ca](http://www.feednovascotia.ca) | 902-457-1900

FEED Nova Scotia is a charitable organization that helps feed hungry people by collecting and distributing food to more than 150 member agency food banks and meal programs, while at the same time striving to eliminate chronic hunger and poverty through research, awareness and support programs. If you are in need of food for yourself or your family, they can help you locate the nearest food bank or meal program.



During office hours, you can call 457-1900. After hours, you can call the FEED NS Helpline at 421-1188.

**Food Not Bombs** | <http://foodnotbombs.h-a-z.org> | 902-406-0934

From Food Not Bombs' website: "We are not an organization. We do not have meetings. At these non meetings we do not make consensus decisions. We don't have a solid set of principles that all members agree upon. We do not have members. Most of what we do is chaotic and on the fly. Yet somehow, we manage to serve incredible meals twice a week, even in storms, and pretty much on time. We make vegan food because it's easy and accessible, but when we have meat or dairy we'll bring that too. It's more or less an iron chef competition every serving, since all our food is donated by folk (mostly farmers) who would otherwise end up making it into compost. Our cookings and servings aim to be good places for people to meet; to plot further making-absolutely-everything-free." Food serving times are Sundays at 1 pm at the Halifax North Public Library and Wednesdays at 5:30 pm at Spring Garden Library.

**Parker Street Food and Furniture Bank** | [www.parkerstreet.org](http://www.parkerstreet.org) | 902-425-2125

The Parker Street Food and Furniture Bank helps provide basic essentials, such as food, furniture, and other household items, to those in proven need. All furniture and household items are provided free of charge to any family with proven needs (a delivery charge may apply, however). Call during office hours and a delivery time will be arranged. If the furniture you need is not in stock, wait lists are available.

**Dress for Success** | [www.dressforsuccess.org/halifax](http://www.dressforsuccess.org/halifax) | 902-493-7377

The mission of Dress for Success is to promote the economic independence of disadvantaged women by providing professional attire, a network of support and the career development tools to help women thrive in work and in life. They provide interview-appropriate clothing and accessories to women who are seeking employment but who are unable to afford the essential clothes they need to make a positive first impression. A referral to their services is required, and a list of the 35 referral agencies they work with is on their website.

**MaiRai Circle** | <http://mairaicircle.weebly.com/> | 902-493-7377

MaiRai Circle is a clothing sharing circle for children from birth until they start school at 4 or 5. Clothing, outerwear, and footwear are rotated around as members need them, recycling and re-using things until they are worn out. Members agree to take care of the items they use and to return them to the circle when they are done with them. People interested in becoming members must apply through the website and then meet over coffee with the circle coordinator.

## **Advocacy Support**

**Dalhousie Student Advocacy Service:** Helps students receive fair and reasonable decisions on issues dealing with academic appeal and discipline matters. All inquiries are confidential. SUB, Room 310. dsas@dal.ca. 494-2205. Note: website not available

**Office of Human Rights, Equity & Harassment Prevention:** Offers advice, information and support to students, faculty and staff. Any vexatious, unwelcome, or threatening/intimidating behaviour is not tolerated at Dalhousie. (See the [Code of Student Conduct](#).) If you or a friend, male or female, is having difficulty, please contact the DWC or the Office of Human Rights, Equity & Harassment Prevention. Henry Hicks Arts & Administration Building, Basement Level, Room 2. 494-1137. Contact: Gaye Wishart, Harassment Prevention/Conflict Management Advisor, gaye.wishart@dal.ca.

## **LGBTQ**

### **DalOUT**

(902) 494-2190 [www.dalout.ca](http://www.dalout.ca) [dalout@dal.ca](mailto:dalout@dal.ca) 6136 University Ave., Room 321

The LGBTQ Society of Dalhousie University is a social, educational, support and action group for LGBTQ university students and, in general, any resident of the Halifax Regional Municipality. The group, although centered at Dalhousie University, is welcoming to everyone. We hold events ranging from BBQs, movies, socials, and bake sales to discussions, theme parties and guest lectures. We also hold office hours every weekday for people who have questions or would just like to come and talk. We are located in room 321 in the Dalhousie University Student Union Building, and the hours are posted on our Facebook page: <http://www.facebook.com/dalout>

**The Youth Project** | [youthproject@youthproject.ns.ca](mailto:youthproject@youthproject.ns.ca)

902 429 5429

<http://youthproject.ns.ca>

2281 Brunswick Street

The Youth Project is a non-profit charitable organization dedicated to providing support and services to youth, 25 and under, around issues of sexual orientation and gender identity. We have a provincial mandate so although we are located in HRM, we travel around the province to meet with youth in other communities. We provide a variety of programs and services including support groups, referrals, supportive counselling, a resource library, educational workshops, social activities, and a food bank.

**Gay Halifax**

[gay.hfxns.ca](http://gay.hfxns.ca)

This collaborative wiki site is a queer encyclopedia for Halifax. Among other things, the site lists local events, groups, and services, and has an extensive section on Halifax's queer history.

## **Disability**

### **DisAbled Women's Network Canada**

[www.dawncanada.net](http://www.dawncanada.net)

Note: Website is under construction

DAWN-RAFH Canada is a national organization controlled by and comprised of women who self-identify as Women with disAbilities. We are from all backgrounds and all disAbilities. We are a feminist organization working to achieve control over our lives and end the stereotype that labels us dependent burdens on society.

**reachAbility** 429-5878

3845 Joseph Howe Dr, Suite 201, Halifax NS, B3L 4H9

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

[info@reachability.org](mailto:info@reachability.org)

reachAbility provides accessible opportunities for people with disabilities . Their programs cover the key areas of education, employment, legal issues, and recreation.

**Teamwork Cooperative-Workbridge** 422-8900

The Village at Bayers Road, Suite M278, 7071 Bayers Road, Halifax NS, B3L 2C2

<http://www.teamworkcooperative.ns.ca>

A centralized employment service which assists people with disabilities to become employed.

**Halifax Association for Community Living** | Administration: 902 463-4752 |

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

2557 Maynard St, Halifax NS, B3K 3V6

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

HACL offers support to individuals and families affected by intellectual disabilities. They can provide information, referrals, and advocacy support, and can accompany you to medical, educational, and legal meetings and appointments.

## **Social Justice/Activism**

**NSPIRG-DAL** | 902 494 6662 | [info@nspirg.org](mailto:info@nspirg.org) | [board@nspirg.org](mailto:board@nspirg.org)

Dalhousie Student Union Building, room 314, 6136 University Avenue

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

The Nova Scotia Public Interest Research Group, or NSPIRG (pronounced 'enn-ess-perg') is a non-profit, non-partisan and non-governmental organization. Our mandate is to link research with action for social and environmental justice within an anti-oppression framework.

## **Health and Wellness**

### **Canadian Women's Health Network |**

<http://www.cwhn.ca/>

**The Canadian Women's Health Network (CWHN) was created in 1993** as a voluntary national organization to improve the health and lives of girls and women in Canada and the world by collecting, producing, distributing and sharing knowledge, ideas, education, information, resources, strategies and inspirations. We are a far-reaching web of researchers and activists, mothers, daughters, caregivers, and family members, people working in community clinics and on hospital floors, at the university, in provincial and federal health ministries, and in women's organizations, all dedicated to bettering women's health and equality.

### **Mainline Needle Exchange office: 902 423 9991**

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

Mainline2@eastlink.ca

5511Cornwallis Street

The Mainline Needle Exchange program is a health promotion project dedicated to supporting current and former drug users through harm reduction programs. Harm reduction treats drug use as a health concern rather than a criminal or moral issue. We are committed to supporting drug users to focus on their health and well-being through: raising awareness, education and empowerment.

## **Services and Contacts at Dalhousie**

- **[Dalhousie Student Union](#)**: for any student-related issue.
- **[Canadian Federation of Students](#)**: Serving the interests of students and their unique needs, this organization lobbies the government and organizes around a number of issues: increasing tuition costs and discrimination against single parent students.
- **[Black Student Advising Centre](#)**: Provides services and programs in support of students of African descent. BSAC offers a wide range of opportunities for students and faculty including bursaries and scholarships, mentoring, a newsletter publication, and social events. Contact: Oluronke Taiwo, Advisor, 494-2210 (office) or 880-4602 (cell), taiwooa@dal.ca.
- **[CKDU](#)**: Halifax's only alternative community radio station. The best of the best, CKDU specializes in counter-mainstream programming.

# National Organizations and Government of Canada

- [Status of Women Canada](#)
- [Nova Scotia Advisory Council on the Status of Women](#)
- [Nova Scotia Human Rights Commission](#)
- [Department of Justice Canada](#)
- [Supreme Court of Canada](#)
- [Department of Justice](#)
- [Canadian Human Rights Commission](#)
- [NAWL \(National Association of Women and the Law\)](#)
- [CASAC \(Canadian Association of Sexual Assault Centres\)](#)
- [NACSW \(National Action Committee on the Status of Women\)](#): largest feminist organization in Canada with a coalition of 700+ member groups.
- [CRIAW \(Canadian Research Institute for the Advancement of Women\)](#)