



The Cumberland County Helping Tree

Revised: January 2017

Abuse/Violence Harassment/Threats Addictions/Alcohol/Drugs/Gambling Disabilities Early Learning/Children Education, Upgrading & Employment Homelessness/Housing Legal Mental, Emotional & Spiritual Health Parenting/Prenatal Physical Health Unplanned Pregnancies Birth Control/Sexuality STD/HIV/AIDS

Autumn House
667-1200
New Directions
902-667-4500

Sexual Violence Outreach Worker
902-694-7869

Police Call 911 Amherst
902-667-8600

RCMP Call 911 Amherst
902-667-3859
Parrsboro
902-254-2424
Pugwash
902-243-2181
Oxford
902-447-2525
Springhill
902-597-3779

Dpt. Community Services / Child Protection
1-888-919-4236

Victim's Serv.
1-800-565-7912

Kid's Help Line
1-800-668-6868

Adult Protection
1-800-225-7225

Phone Number in Red Means 24 Hour Service Available

Mental Health and Addictions Amherst
902-667-3879
Detox Springhill
902-597-8647

Alcoholics Anonymous
902-667-7098

Problem Gambling Help Line
1-888-347-8888

Narcotics Anonymous
1-800-205-8402

Smokers Help Line
1-877-513-5333

Main Line Needle Exchange
1-877-904-4555

Cumberland African Nova Scotian Assoc. (CANSA)
902-661-1509

Bridge Adult Service Centre Amherst
902-667-8433

Dept. of Community Services Amherst
902-667-3336
Toll Free
1-877-424-1177

GOVRC Workshop Springhill
902-597-3158

Sunset Residential Center Pugwash
902-243-2571

Adult Protection & Continuing Care
1-800-225-7225

NS Early Childhood Development Intervention
902-667-8244

Nova Scotia Hearing & Speech
902-667-1141

Adaptive Equipment Lending
902-667-2313

Maggie's Place Family Resource Centre
902-667-7250

Marion MacLeod Head Start Program
902-597-2420

Parrsboro Head Start Program
902-254-2983

YMCA Child Care Services Amherst
902-667-4724
Oxford
902-552-3015

Amherst Preschool
902-667-7731

Bright Beginnings
902-667-7857

NSCC Early Childhood Learning Ctr
902-597-4512

Little Lambs Daycare
902-660-3019

Early Years at West Highlands
902-661-2420

Cumberland Public Libraries
902-667-2135
Advocate
902-392-2214
Amherst
902-667-2549
Oxford
902-447-2440
Parrsboro
902-254-2046
Pugwash
902-243-3331
River Hebert
902-251-2324
Springhill
902-597-2211

Cumberland Adult Network for Upgrading (CANU)
902-661-0153

CANSA - Nova Scotia Works
902-661-1509

CCRSB Chignecto Family of Schools Office
902-597-4207

Service Canada
1-800-OCANADA (1-800-622-6232)

Nova Scotia Community College Cumberland Campuses
902-597-3737
902-661-3180

Amherst Schools Plus
902-694-8581

Dept. of Community Services
902-667-3336

Dpt. Community Services
1-877-424-1177

Cobequid Housing Authority
902-667-8757

St. Vincent de Paul
902-661-0433

Salvation Army
902-667-5882

Continuing Care & Adult Protection
1-800-225-7225

Amherst Court House
902-667-2256

Legal Aid
902-667-7544

Cumberland Restorative Justice
902-667-4414

Probation Services
902-667-7278

Parole Services
1-902-893-6760

Mental Health Crisis Line
1-888-429-8167

Mental Health and Addictions
902-667-3879

Family and Youth Counselor/Navigator (Maggie's Place)
902-667-7250

Amherst and Area Ministerial Association
902-667-2523

Private Counseling NS Psychologists
1-902-422-9183
NS Social Workers
1-902-429-7799

Native Social Counseling Agency
1-902-895-1323

Mental Health Peer Support
1-855-901-6463
Extension 212

CANSA - Nova Scotia Works
902-661-1509

Public Health
902-667-3319

NS Early Childhood Development Intervention
902-667-8244

Parenting Journey
902-667-7250

Strongest Families
1-902-442-9521

Maggie's Place Family Resource Centre
902-667-7250

Cumberland Child Advocacy Association
www.cumberlandchild.ca

Public Health
902-667-3319

Victorian Order of Nurses (VON)
902-667-8796

Continuing Care & Adult Protection
1-800-225-7225

Cumberland YMCA
902-667-9112

Recreation Departments Amherst
902-667-6500
Cumberland Co
902-667-2313
Springhill
902-763-3000
Oxford
902-447-2798
Parrsboro
902-254-2036

Red Cross
902-667-8794

Poison Control
1-800-565-8161

Poison Control
1-800-565-8161

Sexual Health Centre
902-667-7500

Northern Healthy Connection Society
1-902-895-0931

PFLAG
1-506-536-4245 (Sackville)

Public Health
902-667-3319

AIDS Coalition of Nova Scotia
1-800-566-2437

Food Banks Amherst
902-661-0677
Springhill
902-597-3954
Oxford
902-447-2582
Parrsboro
902-254-3094
Pugwash
902-257-2717

Regular Health Inquiries:
Contact your family doctor. Numbers are listed in the Yellow Pages.
Nurse Practitioner/Physician Offices:
Advocate: 902-392-2734 Parrsboro: 902-254-2540
Pugwash: 902-243-2521 River Hebert: 902-251-2260
Springhill: 902-597-3773
The numbers in Parrsboro, Pugwash and Springhill will also reach the hospital & Collaborative Emergency Centre (CEC) in that community.
In an emergency, always call 911

Youth Health Centers:
Amherst Oxford Parrsboro
902-661-2383 902-447-4513 902-254-5600
Pugwash River Hebert Springhill
902-243-3930 902-694-0496 902-597-4253

Need a drive? Call Cumberland County Transportation Services.
902-661-8149

Looking for the *right* community or social service? It's easy to find!
Call 211

Dial 811 Health Link 811
Trusted Health Information from a Registered Nurse at Your Fingertips

The Cumberland County Helping Tree

Adaptive Equipment Lending - assists people with disabilities to overcome barriers by offering a variety of free specialized equipment that will open up opportunities for physical activity.

Addiction Services - community based offices offering individual and group counseling for people affected by their own, or someone else's addiction to alcohol, drugs or gambling. We also offer prevention programming for the community.

AIDS Coalition of Nova Scotia - HIV education and prevention initiatives in Nova Scotia - promoting a community response to HIV/AIDS, advocacy and education.

Alcoholics Anonymous 12 Step Program - provides a support program for people with alcoholism interested in a mutual aid.

Amherst Preschool - preparing children for school socially, emotionally and intellectually. Providing structure and focusing on listening and language skills.

Amherst Schools Plus - coordinates services for referred students and their families using a collaborative inter-agency approach. Like us on Facebook.

Autumn House - shelter for abused women and their families. Individual and group counseling for women are offered as well as support for children witnessing domestic violence. New Directions is counseling for men.

Bright Beginnings Child Care Centre - we offer subsidized child care for children between the ages of 18 months and 8 years of age. Full and part time spaces are available.

Bridge Adult Service Centre - located in Amherst, vocational day program for mentally challenged adults.

Career Resource Centre - employment assistance service providing information and technology to unemployed and the underemployed. Assisting individuals with their job search, career change or education research.

CCRSB Chignecto Family of Schools Office - a local contact for any issue regarding a Cumberland County school from grades Primary through 12.

Cobequid Housing Authority - provides safe, affordable housing to senior citizens (58+ years) and low income families throughout Cumberland and Colchester counties.

Continuing Care & Adult Protection - assists in accessing home care, long term care (nursing homes or residential care facilities) and adult protection services - also protection for vulnerable adults (ages 16+)

Cumberland Adult Network for Upgrading (CANU) - provides adult learners (18 and up) opportunities to work towards their gr. 12 diploma or GED and strengthen employability and life skills through dedicated programs and certificate workshops. All programs are free.

CANSA - Nova Scotia Works - employment & counseling services for persons facing barriers to employment. CANSA helps all citizens with special emphasis on African Nova Scotians, persons with disabilities & youth. Amherst & Springhill. offices

Cumberland Child Advocacy Association - serves as a link between the community & DCS and collectively between citizens & the Minister of Community Services.

Cumberland Restorative Justice - non-profit organization providing community based services to youth and adults in conflict with the law as well as to victims of crime.

Cumberland Ministerial Association - members of the clergy representing many churches.

Cumberland Public Libraries - offers free public library service in Cumberland County via seven locations www.cumberlandpubliclibraries.ca

Cumberland YMCA - provides health and wellness programs for all ages. Childcare services for children 10 months to 12 years. Preschool programs in Amherst, River Hebert, Oxford and Pugwash.

Department of Community Services - provides services for children (including child protection), youth & families. Funding for children with special needs and early intervention services. Programs to support people with disabilities. Employment support and income assistance. Housing services such as home repair grants and subsidized housing options.

Detoxification - inpatient unit offers withdrawal management from substances, relapse prevention and recovery planning through the Addiction Education program.

Family and Youth Navigator - offers short-term counseling, mentoring and coaching, assistance with youth engagement and referrals to other agencies.

Food Banks - provides food & support to the needy thru partnership with churches, individuals, businesses & service clubs.

GOVRC Workshop - located in Springhill, providing vocational training for mentally challenged adults ages 21 and up.

Kids Help Line - for children & youth, a 24 hour a day, 7 days per week free and confidential service. www.kidshelpline.ca

Legal Aid Nova Scotia - staff of lawyers who provide family, criminal & youth legal services to those who qualify financially.

Little Lambs Childcare Centre - is all inclusive for toddlers to 5 years of age, Hours of operation 7 am - 5 pm

Maggie's Place Family Resource Centre - provides playgroups, prenatal programs, parenting programs, low cost nutritional cooking programs, childcare information and early language and learning activities. Programs are free of charge.

Mental Health Peer Support - offers one-on-one mental health peer support to anybody dealing with mental health illness or mental health issues. Peer support means experienced, trained people who live with mental illness themselves supporting others who live with mental illness or mental health issues.

Mental Health and Addictions - a community based multi-disciplinary team offering prevention and community education, assessments, counseling, referrals, family and group therapy, accessible by self-referral and by doctors, nurse practitioners, and/or community agencies.

Narcotics Anonymous - a 12 step program for people seeking mutual aid for drug addictions.

Northern AIDS Connection - promotes the health and well being of persons living with and affected by HIV/AIDS and assists in reducing the spread of HIV through education, support and advocacy in northern Nova Scotia.

Nova Scotia Community College - Cumberland Early Childhood Development Support Centre - offering resource and training support to early learning and childcare professionals, students, parents and the community.

Nova Scotia Early Childhood Development Intervention - supports families who have children ages birth to 6 years who have any concerns about their child's development through home and community visits.

Nurse Practitioners - team up with physicians to provide community-based and family focused primary health care with an emphasis on health promotion, disease and injury prevention and chronic disease management.

Parents and Friends of Lesbians and Gays (PFLAG) - support meetings for gay, lesbian, bisexual, transgender, transsexual, two-spirit, intersex, queer or questioning (GLBT21QQ) or those who care about someone who is.

Parenting Journey - supports families who are facing parenting challenges, behavioral concerns with their children ages 3 - 16 years. Supports include home and community visits, team meetings to help improve family outcomes.

Parole Services - see Correctional Service of Canada web site at www.csc-scc.gc.ca

Private Counseling Services - available by self-referral for which one pays and or by use of Employee Assistance program which is paid for by one's employer.

Probation Services - complete pre-sentence reports, temporary absence reports, re-integration leave reports, make referrals to restorative justice, community service order and fine option programs, supervise youth & adults who are serving community-based dispositions, and adult diversion program.

Problem Gambling Help Line - a 24 hour phone support service open 7 days per week. People experiencing problems with gambling can receive phone counseling, referral support and information on community services.

Public Health - works with others to understand the health of our communities and acts together to improve health.

Recreation Departments - provide programming and leisure opportunities, equipment lending and grant prospects.

Red Cross - provides health care equipment short term loans. Help with house fire emergency support, First aid and water safety programs.

Salvation Army - sell clothing and household items to raise money to give back to those in need in Cumberland County. Also administer Good Neighbor Heating Fund, Springhill Foodbank and Amherst and Springhill Soup Kitchens.

Service Canada - brings a range of federal services together to meet individual needs and offers a range of services and benefits for all Canadians including youth, working age adults, families, employers, seniors and persons with disabilities.

Sexual Health Centre - promoting healthy sexuality across the life span. Lending library, classroom presentations, community workshops (including parenting programs, self-esteem workshops for adolescent girls), individual guidance and referrals. Free pregnancy testing and condoms.

Sexual Violence Outreach Worker - supportive counselling services for survivors of sexual violence ages 16 and over.

Smoker's Help Line - support and tips for quitting smoking.

St. Vincent de Paul - may provide financial support in crisis.

Strongest Families - treatment for families and children with specific childhood problems (behavior, anxiety, bedwetting, pain) in the comfort and privacy of home with support manuals, videos and a telephone coach based at the IWK

Sunset Community - offers supported living options to adults also day programs and work placements.

Victim Services Program - provides information, support and assistance to victims of crime (or the spouse/relative of victims) as the case moves through the justice system, information on the justice system, on individual court cases and preparation to testify in court.

Victorian Order of Nurses (VON) - provides in home health services, nursing and home support. Foot care clinic, meals on wheels, adult respite program, safety check and advance directive veil.

Youth Health Centers - youth focused centers that provide health support, information and services to any youth in or out of school up to 19 years of age.