



# The Cumberland County Helping Tree

Revised: October 2019

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 STD/ HIV/AIDS

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

**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 Services  
1-800-565-7912

**Kid's Help Phone**  
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  
Intake Line  
1-855-922-1122

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

Northern Healthy Connections (needle exchange)  
1-902-895-0931

Nova Scotia Works - 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 Developmental Intervention Services  
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

Parrsboro Head Start Program  
902-254-2983

YMCA Child Care Services Amherst  
902-667-4724

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

CCRCE Pre-Primary  
902-597-4207

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

Nova Scotia Works - CANSA  
902-661-1509

CCRCE Chignecto Family of Schools Office  
902-597-4207

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

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

Cumberland SchoolsPlus  
902-694-8581

Dept. of Community Services  
902-667-3336

Homelessness Prevention Program  
902-667-9112  
902-669-0005

Dpt. Community Services  
1-877-424-1177

Cobequid Housing Authority  
902-667-8757

St. Vincent de Paul  
902-661-0433

Salvation Army  
902-597-3954

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

Court Services  
902-667-2256

Legal Aid  
902-667-7544

Cumberland Restorative Justice  
902-667-4414

Community Corrections  
902-667-7278

Parole Services  
1-902-893-6760

Mental Health Mobile Crisis Line  
**1-888-429-8167**

Mental Health and Addictions  
902-667-3879  
1-855-922-1122

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

CANSA - Nova Scotia Works  
902-661-1509

Public Health  
902-667-3319  
1-800-767-3319

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

Public Health  
902-667-3319  
1-800-767-3319

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

Canadian Red Cross  
902-667-8794

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  
902-664-8691

**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.

**Youth Health Centers:**  
Amherst    Oxford    Parrsboro  
902-694-7062    902-694-4676    902-397-0504  
Pugwash    River Hebert    Springhill  
902-694-7062    902-397-0504    902-694-4676

**Need a drive?**  
Call Cumberland County Transportation Services.  
902-667-8149

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

**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.

**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 and support 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.

**Canadian Red Cross** - Provides free short-term loans of health care equipment. Local volunteers also respond to disasters such as emergency aid after house fires or floods. The Red Cross also offers First Aid and CPR

**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.

**CCRCE 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.

**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](http://www.cumberlandpubliclibraries.ca)

**Cumberland SchoolsPlus** - coordinates services for referred students and their families using a collaborative inter-agency approach. Focuses on bringing programs and services into the schools. Like us on Facebook.

**Cumberland YMCA** - provides health, wellness and support programs for all ages as well as a variety of childcare programs (part- and full-day) for children 6 months to 12 years throughout Cumberland County.

**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.

**Homelessness Prevention and Outreach Program** - assists individuals (19 +) and families who are currently homeless or at risk of being homeless. Works with people to find suitable and sustainable accommodation.

**Kids Help Line** - for children & youth, a 24 hour a day, 7 days per week free and confidential service. [www.kidshelpline.ca](http://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 - A Resource Centre for Families** - 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 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.

**Nova Scotia Works - CANSA** - 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

**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](http://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.

**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 Food-bank 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.

**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.