**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.

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# Finding Work

| **Who?** | **What?** | **When & Where?** |
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| Employment Solutions Society, a Nova Scotia Works Employment Service Centre | 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. Our team helps clients navigate a range of programs and services that will aid their success*.***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. | **Bridgewater:  8:30-4:30 Monday to Friday**215 Dominion St., Bridgewater, NS B4V 2K7Phone: (902) 543-2479Toll Free: 1-866-711-0411Fax: (902) 543-0284[empsolutions.ca](http://empsolutions.ca/)email:  info@empsolutions.ca<https://www.facebook.com/NovaScotiaWorks/> <https://www.facebook.com/ESSNovaScotiaWorks>**Liverpool: 8:30-4:30 Monday to Friday (closed from 12-1pm)**176 Main Street, Liverpool NS B0T 1K0Phone: (902) 356-2039Toll Free: 1 (866) 711-0411Fax: (902) 356-2269[empsolutions.ca](http://empsolutions.ca/)email:  ebagnald@empsolutions.ca<https://www.facebook.com/NovaScotiaWorks/> **Chester: 9:00-4:00 Tuesdays & Thursday** 3785 Highway #3 (inside Our Health Centre), Chester, NS B0J 1J0Phone: (902) 275-8178Toll Free:  1 (866) 711-0411Fax: (902) 543-0284[empsolutions.ca](http://empsolutions.ca/)email: jlecky@empsolutions.ca<https://www.facebook.com/NovaScotiaWorks/> **Hubbards: 8:30-4:00 Mondays & Wednesdays** 10 Pte. Richard Green Lane (inside Aspotogan Heritage Trust Society) Hubbards, NS B0J 1T0Phone: (902) 275-8178Toll Free:  1 (866) 711-0411Fax: (902) 543-0284[empsolutions.ca](http://empsolutions.ca/)email:  jlecky@empsolutions.ca<https://www.facebook.com/NovaScotiaWorks/>  |
| Southwest Employment Services, a Nova Scotia Works Employment Service Centre | 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. Southwest Employment Services is a designated Bilingual Centre.**Our Mission** *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.* | **Yarmouth Office: 8:30am – 4:30pm Monday to Friday** Pier One Complex103 Water StreetYarmouth, NSB5A 4P4Toll-free: 1-866-868-9673Phone: (902) 742-5859Fax: (902) 742-5861E-mail: info@swemployment.comWebsite: [www.swemployment.com](http://www.swemployment.com/)**Shelburne Office: 8:30am – 4:30pm Monday to Friday** Kings Corner25D King StreetPO Box 328Shelburne, NSB0T 1W0Toll-free: 1-866-868-9673Phone: (902) 875-2200Fax: (902) 265-2120E-mail: info@swemployment.comWebsite: [www.swemployment.com](http://www.swemployment.com/)**Barrington Office: 8:30am – 4:30pm Mondays, Wednesdays, and Thursdays** Library & CED Centre3588 Highway 3Barrington Passage, NSB0W 1G0Toll-free: 1-866-868-9673Phone: (902) 637-3015E-mail: info@swemployment.comWebsite: [www.swemployment.com](http://www.swemployment.com/)**Lockeport Office: 8:30am – 4:30pm Fridays**26 North StreetLockeport, NS,B0T 1L0Toll-free: 1-866-868-9673E-mail: info@swemployment.comWebsite: [www.swemployment.com](http://www.swemployment.com/) |
| 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<http://www.acadiaecentre.com/> |
| South Shore Work Activity Program (SSWAP) | Want to make a change to your life? 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. | **Chester: 8:00 am - 4:00 pm Monday to Friday**23 Collicutt Road, Chester NS B0J 1J0 Phone: (902) 275-5585Fax: (902) 275-2249Website: [SSWAP - South Shore Work Activity Program, Chester, Nova Scotia](https://sswap.ca/) Email: info@sswap.ca |
| Nova Scotia Health | 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. | **South Shore:**Visit us online at <https://jobs.nshealth.ca/> Or contact us via email based on your location: Annapolis, Kings, Digby, Shelburne, Yarmouth, Lunenburg, and Queens Countiesrecruitment.services-wz@nshealth.ca |

# Community Supports

| **Who?** | **What?** | **When & Where?** |
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| The South Shore Family Resource Association manages four family resource centres in the Western Zone of Nova Scotia. | The SSFRAProvides 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**.**  | **Better Together Family Resource Centre**Open Monday – Friday 9:00 – 4:00and Friday’s 8:30 – 12:30821 King Street, Unit 11Bridgewater, NS B4V 1B7Phone: (902)543-3119Fax: (902)543-1828General inquiries: gail@southshorefamilyresource.orgWebsite: <https://www.southshorefamilyresource.org/> Facebook Page: <https://www.facebook.com/Better-Together-Family-Resource-Centre-Lunenburg-County-101490878098683>**se Resource Centre****Open 8:30-4:30 Monday to Friday.**40 Water Street, Unit 2, P.O. Box 178Liverpool NS B0T 1K0**Phone: (902) 354-7176****Fax: 902 354 2382**General inquiries: traci@southshorefamilyresource.org or qfrc@ns.aliantzinc.ca Website: <https://www.southshorefamilyresource.org/> Facebook Page: <https://www.facebook.com/Queens-Family-Resource-Centre-Queens-County-108518417382994>**Shelburne Family Resource Centre**Open Monday – Thursday 8:30 – 4:30157 Water Street, Unit L 5, PO Box 532Shelburne, NS B0T 1W0Phone: (902)875-3256General inquiries: sandrahemeon@bellaliant.comWebsite: <https://www.southshorefamilyresource.org/> Facebook Page: <https://www.facebook.com/King-Street-Family-Resource-Centre-Shelburne-County-103694677874223>**The Family Centre Digby**Open Monday – Friday 9:00 – 4:001 Birch StreetDigby, NS B0V 1A0Phone: (902)245-2300Fax: 902 245 2311General Inquiries: kathleenharris2018@outlook.com Facebook Page: <https://www.facebook.com/The-Family-Centre-727591353945422/> |
| Society of Street Vincent de Paul, Street Joseph’s Parish | Assists families in need with food, power & fuel, rent, medical, travel and practical household items as donated by others.  | 902-543-2184 (church office)902-527-6431 (cell)123 Pleasant Street, Bridgewater |
| 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. | **Queens District Office**123 Henry Hensey Drive P. O. Box 1360 Liverpool, Nova Scotia B0T 1K0Child Welfare Services & General Inquiries Phone: 902-354-2771 or 902-354-3525 Fax: 902-354-7460**Lunenburg District Office.** Provincial Building 99 High Street Bridgewater, Nova Scotia B4V 1V8Child Welfare Services & General Inquiries Phone: 902-543-5527 or 902-543-4554 Fax: 902-543-6186Outside of business hours: 1-866-922-2434 |
| 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. | **Hours**MONDAY/TUESDAY/THURSDAY / 10am - 4pmWEDNESDAY / 11AM - 4 PMFRIDAY / 10am - 1pm (Staff working remotely)\*Please note the Centre is closed and staff work from home when school is cancelled due to snow\*OFFICEPO Box 821, 18 Dufferin Street Lunenburg, Nova Scotia, B0J 2C0**Contact Info**Phone 902-640-3044Email: info@secondstory.ca PO Box 821, 18 Dufferin Street Lunenburg, Nova Scotia, B0J 2C0 Contact Info: **Phone: 902-640-3044**Email: info@secondstory.caWebsite: 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. | Lunenburg County YMCA**902-543-9622**75 High St., Bridgewater, Nova ScotiaCoordinator: **902-880-4040**For updates visit https://ymcalunenburgcounty.org |
| La Leche League  | Provides one-on-one and group mother-to-mother, peer-to- peer breastfeeding support. All breastfeeding, chest feeding, and pregnant parents are welcome to attend our free meetings. | Virtually Meets 2nd and 4th Friday of the Month. Contacts:linda.wieser@lllc.ca (**902-531-2044**)mary.dillon@lllc.ca (**902-543-4988**)Leslie.yip@lllc.ca (**902-292-8592**)Sarah.storm@lllc.ca(**902-299-0424**) |
| Community Wheels | *Community Wheels* 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**902-273-2440** commwheels@sswap.cawww.communitywheels.ca <https://communitywheels.ruralrides.ca>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. | https://www.bridgewater.ca/our-town/visitor-information6/bridgewater-transit 60 Pleasant St., Bridgewater, NS B4V 3X9Tel: 902-543-4651Emergency After Hours Tel: 902-543-5142  |
| Maritime Bus | Connecting NB, PEI, and NS every day except Saturday for passengers and parcel shipping. | Tel: 1.800.575.1807Email us at info@maritimebus.com |
| Harbour House | Mission is to: Empower Women, offer safety, comfort and hope, support and educate the community, promote equality on the South Shore. | Box 355Bridgewater, NSB4V 2W924-Hour Transition House Desk: **902-543-3999** **or 888-543-3999****Outreach: 902-543-9970**http://harbour-house.ca/**Administration** 902.543.3665 executivedirector@harbour-house.caOutreach 902.543.9970 outreach@harbour-house.caChild and Youth 902.543.9970  youth@harbour-house.ca |
| Native Council of Nova Scotia | The Native Council of Nova Scotia is the self-governing authority for the large community of Mi’kmaq/Aboriginal peoples residing off-reserve in Nova Scotia throughout traditional Mi’kmaq territory. Our goal is to operate and administer a strong and effective Aboriginal Peoples Representative Organization that serves, advocates and represents our community. | Website: https://www.ncns.caHead office:129 Truro Heights RdTruro, NSB6L 1X2Multiple offices and contacts serving various communities. See details in contact tab of website. **NCNS Liverpool Regional** **Office:****902-895-1523 ext. 221**180 White Point Road, PO Box 2021Liverpool, NS, B0T 1K0T: 902-354-2751F: 902-354-2757 |
| Caregivers Nova Scotia | Caregivers Nova Scotia provides programs, services, and strong advocacy for caregivers.With ongoing support from our funders, Board of Directors, allied organizations, volunteers, and caregivers themselves, we're dedicated to providing recognition and practical assistance to friends and family giving care. | Website: [www.caregiversns.org](http://www.caregiversns.org)**Toll-free: 1.877.488.7390****Email: Info@CaregiversNS.org** |
| Acadia First Nation | Enhancing the quality of living for Acadia First Nation members and their families through community and social development.Multiple departments, resources, and businesses. See website or contact. | Avis JohnsonBox 268 Milton,Queens Co., NS B0T 1P0(902) 354-6074 (home)(902) 350-0547 (cell)andrewfrancis@acadiaband.ca[Chief & Council | Contact Us (acadiafirstnation.ca)](https://www.acadiafirstnation.ca/chief-council-contact-us.html)Multiple other contacts... see details on the website “Contact Us” tab |
| Seniors’ Safety Program | Addresses the safety concerns of seniors by promoting education and awareness about senior abuse prevention, crime prevention, and safety and health issues.Provides: information, educational sessions, and referral services to seniors through direct contact with Seniors’ Safety Coordinator. | Queens County: Shelley Walker Tel: 902-350-0231qcssa19@gmail.comLunenburg County: Chris Acomb Tel: 902-543-3567chris.acomb@bridgewaterpolice.ca |
| United Way of Lunenburg County | United Way is about helping people, linking resources to needs, improving the quality of life, and building stronger communities. A 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. | Coordinator: Michael GravesUnited Way of Lunenburg CountyPO Box 244,Bridgewater, NSB4V 2W9Telephone: (902) 530-3072 (Voice Mail Only)Cell phone (902) 521-4704office@lunenburgcounty.unitedway.ca [www.lunenburgcounty.unitedway.ca](http://www.lunenburgcounty.unitedway.ca)  |
| Autism Nova Scotia – South Shore  | Service Changes:• The office is open for visitors by appointment only. • Sip N’ Connect: Parent-led group for those supporting a person on the spectrum at home. Please contact southshore@autismns.ca to find out the date of the next meeting.• Teen/Adult Virtual Club: Autism Nova Scotia is offering a online/over the phone social program to help provide social opportunities for teens and adults with autism. This program is open to teens and adults with autism across Nova Scotia. Dates: Wednesdays 5:00-6:30 (Teens) 7:00-8:30 (Adults) For more information and to register; http://www.autismnovascotia.ca/program/70• Healthy Relationships, Sexuality and Autism (HRSA): Now virtual – HRSA supports adults (19 yrs and up) with autism by introducing concepts of sexuality and social skills through interactive, sex-positive, inclusive sexuality education lessons. http://www.autismnovascotia.ca/program/45• Person- Directed Planning Program (PDPP): PDPP supports any individual who self identifies as having a disability in developing a person-directed plan. Facilitators work with participants to create meaningful connections in the community, through connecting them to resources and growing their personal support network. This program is adaptable, and can be done over the phone, or via. Zoom. http://www.autismnovascotia.ca/person-directed-planning-program• EmploymentWorks: On hold• GirlStrong: On hold• COVID-19 And Autism Related  | Chapter: Contact: Rachel Whynot, Autism Support Coordinator southshore@autismns.ca  902-514-7489Website: <http://autismsouthshore.ca/>Resources COVID: VISIT <http://www.autismnovascotia.ca/covid19> |
| **Community Links** | *Service Changes:** None reported.
 | Contact: Karen Field, Regional Coordinator for Lunenburg/Queens Karen.Field@nscommunitylinks.ca**Location: 902-543-1415** |
| **Updated April 29, 2021****Support for Income Assistance Clients**  | * Income Assistance moved back to vital teams for a minimum of two weeks.  This will mean a small number of staff at the office and remainder working from home.
* Clients are still encouraged to reach out to their regular workers, leave a message if needed.  They can also contact the phone service.
 | <https://novascotia.ca/coms/employment/income_assistance/index.html>Intake team number toll free 1-877-424-1177**Queens District Office**123 Henry Hensey DriveP. O. Box 1360Liverpool, Nova ScotiaB0T 1K0Child Welfare Services & General InquiriesPhone: 902-354-2771Fax: 902-354-7460**Lunenburg District Office**Provincial Building99 High StreetBridgewater, Nova ScotiaB4V 1V8General InquiriesPhone: 902-543-5527Fax: 902-543-6186**Child Welfare Services**Phone: 902-543-4554Fax: 902-543-6186 |
| **Early Years:** | *Service Changes:** Western Zone Public Health Early Years staff are actively engaging in social distancing to minimize risk to families and communities
* Continue provide Public Health support to families in the Western Zone
* Effective March 17, 2020 modified service delivery to support families through remote communications rather than in person hospital and home visits
* In hospital prenatal and postpartum **Early Years Public Health** screening will temporarily be suspended
* Screens will be completed by telephone
* **Public Health Nurses (PHN’s)** will use their assessment and judgement to determine if a postpartum home visit is deemed necessary to support the short term needs of families

For families currently engaged in the **Enhanced Home Visiting Program** Community Home Visitors will provide support by phone, email or through a virtual connection | Contact: 902-543-0850Website: <https://novascotia.ca/dhw/healthy-development/enhanced-home-visiting.asp>Location: 215 Dominion Street, Suite 200, Bridgewater, NS, B4V 2K7 |
| **Mahone Bay Centre** | Birdsall Worthington PotteryMahone Bay and Area food bankSouth Shore Alternate SchoolNova Scotia Early Childhood Development Intervention ServicesHutch, The disc clinic, Tamara Tutoring.Region 6 Waste ManagementCoastal Action, Art studio Laurel HaslettMahone Bay Meditation Centre | 45 School St. Mahone Bay **(902) 624-0890**welcome@mahonebaycentre.org |
| **New Germany Promotion Society** | New Germany area promotion Society will strive to create a sustainable and vibrant community where people and businesses are encouraged to thrive. | Contact: Website newgermanycap.ednet.ns.caEmail: ng\_cap@ns.sympatico.ca |
| **Updated August 7, 2020****Service Canada:** | *Service Changes:** Service Canada Centre Bridgewater is open for walk in clients who cannot self-serve electronically.
* Encourage any clients who need Service to use online (Canada.ca)  and phone channels
* Outreach activities are available virtually.
* The Halifax location is also open for any clients who can not self serve electronically.
* Other offices in the province are being prepared and will re-open in a phased manner with precautions.
 | Website: <https://www.canada.ca/en/employment-social-development/corporate/portfolio/service-canada.html>Location: 77 Dufferin Street, Bridgewater Nova Scotia B4V 3J1 |
| **South Shore Multicultural** | * Honour local heritage and embrace a culture of inclusion and diversity within our South Shore communities.  Provide a warm, social gathering place for community members of diverse cultural backgrounds: make friends, learn about other cultures, teach others about your culture. Help newcomers make social connections and integrate into their new communities.  Work toward increasing community education on the value of diversity and inclusion
 | Executive Director Anne Fownes**(902) 521-8939**southshoremulticultural@gmail.comAlternate Contact Shawn Allen, president email: shawn@windwardba.com |
| **Bridgewater and Area Lions Club** | * During the years, our club has been very supportive of the local hospital, Lions Foundation of Nova Scotia, and the Lions Foundation of Canada (Dog Guides). We have participated in many youths, sight and diabetes programs at the local and provincial levels. Major contributions have been made to school programs at Pentz Elementary, Hebbville Academy, Bridgewater Elementary and Bridgewater Jr. School. We have assisted with the purchase of eyeglasses, hearing aids and helped many individuals with medical expenses. Whenever a social or health related need is identified our club rose to the occasion and assisted with expenses.
 | President: Peter Wagner 902-543-2998Membership Chair/Webmaster: Bill Bruhm 902-543-7415 billbruhm@gmail.comSecretary: Judith Purcell Health and Welfare: Peter Wagner 902-543-2998Bridgewater and Area Lions Club100 High Street, Box 180BridgewaterNova ScotiaCanadaB4V 1V9 |

# Education Supports

| **Who?** | **What?** | **When & Where?** |
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| Queens Learning Network | 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. | You can contact us by dropping by our location;279 Main Street, Liverpool Nova Scotia**902-354-3635**Email: queenslearning@ns.aliantzinc.ca**8:30 - 3:00pm Monday to Thursday** **8:30 - 12:00pm on Friday** |
| Adult Learning Program | Service DescriptionOffers the Nova Scotia high school graduation diploma for adults.Designed to meet the needs of adult learners who do not have a high school diploma.  If 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.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.EligibilityMust 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 | **Contact Us****902-543-4608** | lunenburg.info@nscc.ca | **Student Services: 902-543-2295**Fax: 902-543-0190Service Website: <http://www.nscc.ca/learning_programs/programs/plandescr.aspx?prg=ALP&pln=ALPLEVEL4>Website: <http://www.nscc.ca> |
| Employment Solutions Society Lunenburg County Adult Learning Opportunities | Our programs are**at no cost** and have open attendance, you can attend when you are able.  We make every effort to fit programs to your current lifestyle!Our Programs are available to adults 19 and over who have been out of school for at least one year.Level I, Level II and Level III are offered at 215 Dominion Street, Bridgewater, NS. Level IV is offered at NSCC. Smaller classes allow our instructor to give each learner all the time they need to be successful.Classroom Activities, GED, Essential Skills, Step Up! (Social), Computer Courses, Driver’s Handbook, Volunteer Tutors. | **Bridgewater:  8:30-4:30 Monday to Friday**215 Dominion St., Bridgewater, NS B4V 2K7**Phone: (902) 543-2479**Toll Free: 1-866-711-0411Fax: (902) 543-0284[empsolutions.ca](http://empsolutions.ca/)email:  info@empsolutions.ca |
| Nova Scotia School for Adult Learning | 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 [Nova Scotia High School Graduation Diploma for Adults](https://novascotia.ca/adult-learning/Nova_Scotia_High_School_Graduation_Diploma_for_Adults.pdf) or prepare for the [General Education Development](https://novascotia.ca/programs/general-educational-development/)(GED) tests; and/or upgrade their high school credits to qualify for post-secondary education. | **1 877-466-7725 (Toll-free)**https://novascotia.ca/adult-learning/ |
| 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. | **Barrington: 902-637-4333****Shelburne: 902-875-2222** **Mailing Address:** **Shelburne County Learning Network****P. O. Box 441****Barrington** **Passage NS B0W 1G0**Contact Email: mgosbee.scln@gmail.com |
| 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. | **902-543-1189** Fax: 902-543-6041Email:  thearkproductionc@gmail.comWebsite: <https://www.thearkbridgewater.org>**Hours: Monday to Friday 8:00-3:30** |
| Western Halifax Community Learning Network | Community-based non-profit organization that provides quality adult learning programs in the Halifax area. | <https://www.hcln.ca>  **T: 902-422-7648**  info@hcln.ca  |
| 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.ACLA Atlantic Canada Language Academy. | **+44 20 7963 8474** **(902) 634-6111**  97 Kaulbach St., Lunenburg, NS B0J 2C0 https://www.eurocentres.com/language-school-lunenburg#section-2 Email; admissions@studyatlantic.com[www.studyatlantic.com](http://www.studyatlantic.com)  |
| 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. | Monday – Friday, 8:30am – 4:30pm info@isans.ca **Mumford Professional Centre**  6960 Mumford Road, Suite 2120, Halifax, NS, B3L 4P1 **Phone:** 902-423-3607 Toll Free: 1-866-431-6472**Bayers Road Professional Centre** 7071 Bayers Road, Suite 164 Halifax, NS, B3L 2C2 **Phone:** 902-406-3558 **2717 Joseph Howe Drive, Second Floor**  Halifax, NS, B3L 4T9 **Phone**: 902-406-7794 |
| **National Student Loans** | Helps provide student loans for students looking to enroll in post-secondary education  | Contact: Toll Free 1 888 815-4514Website: <https://www.csnpe-nslsc.canada.ca/en/home>Location:National Student Loans Service Centre, P.O. Box 4030, Mississauga ON, L5A |

# Food Banks/ Soup Kitchens

| **Who?** | **What?** | **When & Where** |
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| Bridgewater Interchurch Food Bank | Provides emergency food support to those in need. Normally provides three to five days of food. Food donations accepted. Allow access every two weeks  | **Bridgewater: Tuesday & Friday: 12:30pm – 3:15pm**902-543-1915150 Churchill St., Bridgewater |
| Community Food Resource Network | Providing food assistance to residents of North Queens on a bi-weekly basis.  Clients need only provide a valid NS Health Card to receive assistance.   | **Contact: Dianne Huskins (coordinator)****Email:** ddawe@ns.sympatico.ca**Phone**: 902-682-3130**Cell**: 902-682-7742**9868 Hwy 8 Caledonia, NS**Monday 8:30-11:30 (drop off donations or chat)Wednesday 8:30 – 11:30 (food distribution for clients only) |
| Lighthouse Food Bank Society | Providing food staples to clients in Municipality of Chester for over thirty-one years. | **Chester:****Wednesday: 9:30am – 12:30pm**902-275-5304101 Valley Rd., Chester, NS  |
| Lunenburg Interchurch Food Bank |  The Lunenburg Interchurch Foodbank serves folks in the Lunenburg area. | **Lunenburg:****Hours: Tuesday 9am – 11am alternate weeks (call ahead to confirm it is open)**902-930-3050283 Lincoln St. |
| Mahone Bay Area Food Bank Association(Feed Nova Scotia) | Our mission is to increase food security through food distribution, education, and collaboration. | **Mahone Bay:****Tuesday: 9:00am – 11am** **(2nd and 4th Tuesday of each Month)**902-624-089045 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. | **New Germany:****Wednesday: 10am - 12pm**902-644-33364960 Hwy 10, 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 | **Liverpool:****Hours:****Tuesday: 10am - 3pm**902-354-4894344 Main St., Liverpool |
| Salvation Army Community & Family Services | Food vouchers available once every 90 days for individuals who find themselves in an emergency situation | **Bridgewater**902-543-5471215 Dominion St.,**Liverpool**902-354-3265fr361 Main St, Liverpool |
| Shelburne Loyalist Food Bank(Feed Nova Scotia) | Our mission is to increase food security through food distribution, education, and collaboration. | **Shelburne:****Wednesday: 9am –12pm** 902-875-3823173 Mowatt Street. Shelburne, NS |
| Souls Harbour Bridgewater | Provides a hot meal to those in need. | **Bridgewater:** **136 Pleasant St, Bridgewater NS**General Inquiries: 902-530-5030 Email: mporter@shrm.ca Website: [http://www.shrm.ca](http://www.shrm.ca/) |
| Community Café: | * Take out ONLY Wednesdays 5-530pm
 | Contact: Community CAFÉ on FacebookWebsite: Community CAFÉ on FacebookLocation: St Paul’s Lutheran Church Hall at 25 Phoenix Street, Bridgewater |

# Youth Resources

| **Who?** | **What?** | **When & Where?** |
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| **Freeman House** | 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: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 connectionsThrough 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! | **Bridgewater:****Contact:** 902-543-7444 or Toll Free 1-877-882-7722**Website**: [FSAWNS.com](http://fsawns.com/) @FSAWNS on all platforms (twitter, IG, FB) **Location**: 48 Empire Street**Hours:** Monday to Friday: 9-5pm |
| **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 opportunities, to each other and enhances their quality of life.* Fitness Classes
* Aqua Fit
* Accessible Workout Area
* Youth Centre
* Grocery Delivery
* Licensed Child Care
* Personal Coaching
 | **Bridgewater:**[75 High St, Bridgewater NS B4V 1V8](https://www.bing.com/local?lid=YN1186x245649767&id=YN1186x245649767&q=YMCA+Lunenburg+County&name=YMCA+Lunenburg+County&cp=44.370845794677734%7e-64.52915954589844&ppois=44.370845794677734_-64.52915954589844_YMCA+Lunenburg+County)Phone: 902-543-9622Email: kim.roy@ns.ymca.caWebsite: [http://www.ymcalunenburgcounty.org](http://www.ymcalunenburgcounty.org/) |
| **NSCC: Achieve** | 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. EligibilityIndividuals 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 | **Lunenburg:** General Inquiries: 902-543-4608Student Services: 902-543-2295Fax: 902-543-0190Service Website: <http://www.nscc.ca/learning_programs/programs/PlanDescr.aspx?prg=ACHV&pln=ACHIEVECOC>Email: lunenburg.info@nscc.caWebsite: [http://www.nscc.ca](http://www.nscc.ca/) |
| **Bikes for Kids** | Providing gently used bikes and refurbishing for kids when parents are unable to afford to purchase one.Due to COVID measures, this is an individual case-by-case (Fix to Order) basis.Parents need to provide age, gender, approx. weight, height, and type of bike. | **Lunenburg:** Inquiries – Michael Graves - Coordinator902-530-3072 (Voice Mail Only)902-521-4704 (cell)Email: office@lunenburgcounty.unitedway.caWebsite: [http://www.lunenburgcounty.unitedway.ca](http://www.lunenburgcounty.unitedway.ca/)Call 211 for a full list of programs available. |
| **PROKids** | Provides financial assistance to children and youth who, due to lack of funds, are not able to participate in sport, recreation and cultural activities.Families can access funds to cover the cost of registration fees, equipment and transportation for a sport or recreational activity of your child's choice. | **Bridgewater:**60 Pleasant St., Bridgewater, NS B4V 3X9Phone: 902-541-4367Fax: 902-543-6876Email: diana.johnson@bridgewater.ca |
| **SchoolsPlus** | Collaborative interagency approach supporting the whole child and their family with the school as the center of service delivery. | **South Shore Regional Centre for Education****T: 902-521-9817****Website:** <https://www.ednet.ns.ca/schoolsplus/en/what-schoolsplus>**ljensen@ssrce.ca** |
| **Big Brothers Big Sister of South Shore** |  | Contact: Beth Macpherson - Executive Director 902-543-4435Website: southshore@bigbrothersbigsisters.caLocation: Unit 7 -821 King Street Unit 7 |

# Legal Support

| **Who?** | **What?** | **When & Where?** |
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| **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: 8:00am – 4:00pmToll Free 1-877-379-2042 |
| **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, NSNova Scotia Legal Aid202-141 High StreetBridgewater, NS  B4V 1W2902-543-4658Toll Free 1-866-543-4658Fax 902-543-3044Liverpool Sub-OfficeNova Scotia Legal Aid212 Main Street902-354-3215Toll 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: 8:30-4:30129 Aberdeen Rd, Suite 208,Bridgewater, NSPhone: (902) 543-1841Email: nicolle.lovett@sscjs.ca |
| **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 2013845 Joseph Howe DriveHalifax, NS B3L 4H9<https://www.reachability.org>T: 902-429-58781-866-429-5878info@reachability.orgMonday – Friday: 8am – 4pm |
| **Bridgewater Justice Centre:** | * All Court inquiries should be made by telephoning the main line 902 543-04679.
* The Court Administration office is open and staffed Monday through Friday 8:30 – 4:30.
 | Contact: 902-543-4676Website: <https://www.courts.ns.ca/>Location: Provincial COURTS Bridgewater Provincial Court 141 High St, Bridgewater, NS B4V 1W2 |
| **Correctional Services** | * Offices have remained open throughout and all staff are now working back in the office while following Public Safety Guidelines
* Scheduling more in office appointments with clients, while also continuing work with clients virtually (via telephone, no online services at this time)
* Meetings with outside agencies are happening again while following safety protocols
* All offices equipped with proper PPE and cleaning supplies
 | Contact:    902-543-4721 (Bridgewater) 902-354-5532 (Liverpool)Email: raeann.fleury@novascotia.ca(Liverpool Probation)Website: <https://novascotia.ca/just/Corrections/Community_Offices.asp>Locations:  Provincial Building, 99 High Street, Suite 216, Bridgewater 76 Water Street, Liverpool |

# Housing Information

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| **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.  | **Bridgewater office**99 High StreetBridgewater, NSB4V 1V8Phone: (902) 543-8200Toll Free: 1-888-845-7208Fax: (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: 902-530-3775Fax: 902-530-3776Website: [http://www.ssgns.ca](http://www.ssgns.ca/)Bridgewater Office - 6 Alexander Ave. Apt.#5Bridgewater NSB4V 1G8902-530-3775Fax 902-530-3776Head Office - Support Services Group82 Tacoma Dr.Suit 207Dartmouth NSB2W 3E5 |
| **Family Service Association of Western Nova Scotia – Housing Support** | Housing Support works with participants who have experienced chronic homelessness; are precariously housed (couch surfing); unhoused (sleeping rough); in public and community institutions (hospital, correctional facility, foster care, transition house) with no housing arranged for exit date; or are at imminent risk of homelessness (eviction within 30 days, leaving intimate partner violence or family violence, being forced out of housing).  | Contact:intake.hsp@gmail.com902-521-5596Website: fsawns.com  |
| **South Shore Open Doors Association** | Located in the Town of Bridgewater NS. Our vision is to establish a healthy, vibrant, diverse, and inclusive community without homelessness, housing vulnerability, or energy poverty.Offering Household Navigation to assist in housing insecurities, energy poverty, and/or homelessness.Volunteer Trustee Program to assist with basic money management, to individuals and families who may be struggling with bill payments, budgeting, and maintaining housing. Housing Support helps potential tenants find and maintain housing through visits, case management and goal setting sessions. Help tenants to prevent and resolve tenancy related issues with landlords by providing conflict resolution, mediation, and emotional support.  | For an intake appointment: Call: 902-521-0994intake@ssoda.orgOffice Hours: Monday to Friday 9am to 4:30pmFollow on social mediaFacebook: South Shore Open Doors AssociationInstagram: @SSODANSTwitter: @SSODANS |

# Mental, Sexual and Physical Health

| **Who?** | **What?** | **When & Where?** |
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| **Alcoholics Anonymous (A.A.), an international mutual aid fellowship enabling its members to stay sober and help other alcoholics achieve sobriety.** | 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. *(Closed meetings are for A.A.s or anyone who may have a drinking problem.)* | **A.A. 24 Hour Support Service: (902) 521-8114** **Monday – 8pm**New Beginnings Group409 Main St, Liverpool **Monday/Friday – 8pm (ONLINE)**Serenity Group (10 people)Zoom ID#: 630 232 462Password: 344487**Monday/Friday - 7:30pm (In-Person/Online)**Back to Basics 78 Alexandra Ave, Bridgewater (Gym)ID 6936191183Password 383623**Tuesday – 8pm**One Day At A Time Group78 Alexandra Ave, Bridgewater **Tuesday - 7pm**Women’s Zoom Meeting Zoom ID#: 867 8470 1314Password: 630134**Wednesday – 730pm**Fellowship Group

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| 29 Ann St, Shelburne, NS B0T 1W0, Canada |

**Wednesday – 8pm**Action Group78 Alexandra Ave., Bridgewater (Gym)Zoom ID# 306 487 814Password 178214 **Thursday/Saturday – 8pm**LaHave Group29 Phoenix St, Bridgewater **Sunday – 7pm**Simple Coffee Group101 Edgewater St, Mahone Bay  |
| **Addictions Wellness Clinic** | An ongoing, client-focused program that is based on what the client or group of clients want to work on that day. There is no waitlist or referral process. The client or family member simply walks in, meets with staff to form a care plan with them and then gets started. | 902-634-8801Fisherman’s Memorial Hospital14 High Street, Lunenburg |
| **Narcotics Anonymous (NA) – Central Nova Narcotics Anonymous** | Community support groups for those coping with drug addictionMeetings are offered in the following communities : Bridgewater | 902-454-2913 (Meeting Info)902-789-8323 (Help Line) |
|  |  |  |
| **South Shore Sexual Health** | Our services are free for everyone. We welcome all ages, abilities, genders, and orientations!Compassionate Items, The Transformation Closet: Gender Affirming Gear, Education, Guidance, Resources, and Information, Free or Low-Cost Safer Sex Supplies and Pregnancy Tests. | **Bridgewater:**Monday – Thursday 8:30am-4:00pm109 Logan Road, Unit 1B, BridgewaterEmail:southshoresexualhealth@gmail.comWebsite: https://southshoresexualhealth.comCall or Text: (902) 527-2868 |
| **Community Drop – In Bridgewater, Health Authority** | Dawson Centre is located on Dufferin St. in Bridgewater. It also houses various businesses as well as the mental health and addictions clinic. | **Bridgewater:** General Inquiries: 902-543-5400Monday, Wednesday, Thursday and Friday: 8:30 a.m. to 4:30 p.m.Tuesday: 8:30 a.m. to 8 p.m.197 Dufferin StreetBridgewater, NSWebsite: <https://mha.nshealth.ca/en/clinics/dawson-centre>  |
| **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. | Toll-Free Number: 1-877-424-1177Service Website: <http://www.novascotia.ca/coms/disabilities/AlternativeFamilySupport.html> |
| **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 | **Liverpool:**General Inquiries: Phone: 902-354-3297Fax: 902-354-5520Toll-Free: 1-866-540-2360Nursing Related VisitsEmail: lisa.tarr@von.caWebsite: [http://www.von.ca](http://www.von.ca/) |
| **Canadian Mental Health Association**  | • FREE newly created COVID-19 virtual Information – Wellness Resource Hub <https://caringtogether-cmhans.ca> providing the latest information and resources regarding COVID-19, contains links to wellness resources and activities to support their health, resilience, and wellbeing during these uncertain times]* Contact them if you have resources to add to the Wellness Hub; such as:
* Facebook events
* Online recreational activities
* Activities to help keep children occupied and help parents cope during the work-from- home, work-day
* Healthy lifestyle tips and ideas
* Self-Care resources, tips and ideas
 | *Contact: 902-466-6600 or Toll Free 1-877-466-6606*Director: Pamela Magee 902-466-6600 ext 203  Email: pamela@novascotia.cmha.ca Website: <https://novascotia.cmha.ca/>Location: 3-644 Portland Street, Suite 201, Dartmouth, Nova Scotia, B2W 6C4Email: education02@novascotia.cmha.ca |
| **Mental Health Services Bridgewater**  | * Outpatient Mental Health and Addiction Services for Youth and Adults
* Community Supports
* Autism Program
 | 197 Dufferin St. (Dawson Centre)(902) 543-5400heather.norwood@nshealth.ca |
| **Sexual Assault Services of Lunenburg and Queens**  | Provides services to survivors of sexual assault and offers Sexual Assault Nurse Examiners (SANE Program) | 902-634-7304902-634-8801 ext 3244 (SANE office)14 High Street, 2nd floor LunenburgMonday-Friday 8:30-4:30pm[www.saslq.squarespace.com](http://www.saslq.squarespace.com)info@saslq.ca |