DARTMOUTH HELPING TREE

Community Centres

490-4728

Dartmouth North

490-5900

Fast Dartmouth

435-9912

Northbrook

490-6666

North Woodside

463-9276

South Woodside

404-1971

Dartmouth YMCA

422-9622

Recreation Information

HRM Info Line

490-4000

HRM Kids (rec assistance)

490-4114

HRM Financial Assistance

for Recreation - contact

individual rec centres

Active Halifax Communities

490-5447

This tool was designed by the Dartmouth Community Health Board, Community Health Team, HRM Community Development, and The Self-Help Connection to assist service providers and inform residents of the many helping resources available. If you or someone you care about is experiencing a problem in any of the areas listed, follow the arrows on the flow chart to find resources that may help.

Support Groups & Help Lines

Self Help Connection 466-2011 Alcoholics Anonymous Al-Anon Public Outreach 466-7077 Narcotics Anonymous

453-2913 Smokers Help Line 1-877-513-5333 Stop Smoking Services

424-2025 Gambler's Helpline 1-888-347-8888

Residential

Women Marguerite Centre (Timberlea) 876-0006

Freedom Foundation 466-0299

Treatment Services

Addiction Prevention & Treatment Services 424-8866 Mainline Needle Exchange (Dartmouth Outreach) 423-9991

ADDICTION TO ALCOHOL, OTHER DRUGS, TOBACCO & GAMBLING

RECREATION AND PHYSICAL **ACTIVITY**

Excel Programs 464-2000 ext. 2787

East Dartmouth Boys & Girls Club 435-3204 Dartmouth Boys & Girls Club 463-1210

Literacy/Education Dartmouth Learning Network 464-3444

Solutions Learning Network 468-1320 Frontier College

Flexible Learning & Education Centre 832-8630 Woodlawn Public Library

490-2636 Dartmouth North Public Library 490-5840

Alderney Gate Library 490-5745

Services & Programs

Public Health 481-5800 Family Services Association 420-1980

IWK Women's Health Community Clinic 470-6400

IWK Community Mental Health 491-7511

Child Pharmacare 1-866-424-1269 Family Pharmacare

496-5667 Services for persons with disabilities (Dept. of Comm. Svcs.) 424-1600

Licensed Child Care & Family Home Day Care

Family Resources

Dartmouth Family Centre

464-8234

Progress Centre for

Early Intervention

nobile website: m.dchb.ca/ht

Physical Activity & Sport

Walk-about program Sport Nova Scotia 425-5450 Kidsport 425-5450

> **HELP FOR FAMILIES**

Widowed in Self Help

443-1486 **IWK Pregnancy** & Newborn Loss 470-8149

Grief Support Groups

Dartmouth General Hospital

465-8472

Survivors of Suicide 445-0860

Self Help & Support Groups Self-Help Connection 466-2011

Excalibur ADHD Association 461-1761 Contact your local church for information on grief

help aroups.

support and self

Programs & Associations Connections Dartmouth

464-3588 Among Friends Social Club

Empowerment Connection 404-3445 Healthy Minds Co-op

404-3504 Self Help Connection 466-2011

Canadian Mental Health Association (CMHA) 466-6600 Schizophrenia Society 465-2601

Mental Health

& Counselling Dartmouth Mental Health 466-1830 Family Services Association

Help Lines

Bullying HelpLine 490-7283

Help Line 421-1188

Mobile Crisis

MENTAL HEALTH SUICIDE, GRIEF COUNSELLING

Courts

Capital Health

Community Health Team

Denta

Dal Dental

494-2101

Public Health

4

Pregnancy & Newborn

Doula Program

IWK Health Centre

Public Heath

Dartmouth Family

Resource Centre

464-8234

4

Family Physicians

Physician Information Line

424-3047

Doctors Nova Scotia

Walk-In Medical Clinics

Family Focus Clinic & Well

Women's Clinic

420-6060

Dartmouth Medical Centre

465-4530

Montebello Medical

406-4444

Tacoma Family Medicine

& Well Women's Clinic

466-1531

Medicine in Motion

Health & Support Services

Dartmouth Community

Health Team

460-4555

Dartmouth Community

Health Board

460-6869

Your Way to Wellness

Self-Help Connection

466-2011

Mobile Outreach

Street Health (MOSH

802-9696

COMMUNITY

HEALTH & WELLNESS

481-5800

Halifax Provincial 424-8718 Family 424-3990 Probate 424-7422 Small Claims 424-8722 Supreme Court

General Division 424-4900 Supreme Court (Family Division 424-3990

Supports

Coverdale Centre 422-6417 Elizabeth Fry Society 454-504 John Howard Society

422-6429

Human Rights

NS Human Rights Commissior 424-4111 Labour Relations Board 424-6730

Police & Reporting Non-emergency Police 490-5020

Crime Stoppers 1-800-222-8477 Adult Protection 1-800-225-7225

Legal Aid

Dalhousie Legal Aid 423-8105 Nova Scotia Legal Aid 420-8815 Nova Scotia Legal Aid (Poverty law)

Legal Information

420-3450

Dial-A-Law 420-1888 Legal Information & Lawyer Referra 455-3135

LEGAL PROBLEMS IWK Women's Health Community Clinic 470-6400 AIDS Coalition of NS 425-4882

455-9656

Rape & Sexual Assault

Avalon Sexual Assault Nurse Examiner 425-0122 **IWK Emergency** 470-8050 **QEII Emergency** 473-3383

Victim 422-4240

Bryony House Crisis Line Adsum House Crisis Line 423-4443 or 429-4443 Barry House

422-8234 Second Stage Housing

Marguerite Centre 876-0006 Alice Housing 466-8459 Adsum Centre 876-5011

Abuse

Dept. of Comm. Services -Child Welfare Dept 424-3298 Reporting Child Abuse

424-3298 Adult Protection 1-800-225-7225

Seniors Abuse 1-877-833-3377

SEXUAL HEALTH **VIOLENCE & SEXUAL ASSAULT**

Sexual Health

ZDartmouth

Help

Parker St Furniture Bank

453-4886

Circle of Care

463-9074

ood and/or Clothing Banks

Feed Nova Scotia

eeding Others of Dartmouth

464-2919

Woodlawn United Church

434-5819

Christ Church

466-4354

Salvation Army

STAIRS Church

469-2188

First Baptist Church

466-2475

Holy Trinity Anglican Church

St James United

464-8852

Emergency Shelters

for Youth (16-24)

Phoenix Shelter

446-4663

Emergency Shelters

Connection

Halifax Sexual Health Centre

Avalon Sexual Assault Centre 429-6616 New Start 423-4675 Victim Services

490-5300

Emergency Shelters

Metro Turnina Point 420-3282 Salvation Army 422-2363

Emergency Shelters for Women

Housing

Tenancy Board 424-5200 Habitat for Humanity 464-0274

Metro Regional Housing Authority 420-6000 Community Action

on Homelessness 420-2186 Halifax Housing 423-0722 Metro Non-Profit Housing 466-8714

Dartmouth Non-profit Housing 469-0543

HOMELESSNESS/ HOUSING

Connecting to Services

Emergency: 911

Health Link: 811

(24 hours)

Help Line (Adults): 421-1188

Wellness Navigators

Public Good Society Connections that Work Program Community Outreach Facilitator 476-0785

Revenue Canada 1-800-959-828

422-3435

Prescription Medications

Low Income Pharmacare

for Children

1-866-424-1269

Family Pharmacare

496-5667

Budget & Debt

Counselling

Credit Counseling Services

1-888-753-2227

Debtor Assistance Program

424-5200

Financial Planning for

457-2680

1-888-347-8888

Student Loan

Student Loan Assistance

424-8420

Income Assistance

Canada Pension Plan

1-800-277-9914

Dartmouth Dept of

Community Services

424-1600

Employment Insurance

1-800-206-7218

Child Care Subsidy -

Dept. of Comm. Svcs

424-6679

Immigrants & Refugees

Heat & Water YMCA of Greater he Good Neighbor Energy Fund Halifax/Dartmouth 422-3435 (only available Immigrant Programs January to end of April) The H2O Fund

Adult Employment

Immigrant Services

Salvation Army/Aris Project

477-5393

423-3607

457-9622

YMCA Dartmouth Career **Development Centre** 461-2513

Dartmouth Learning Network 464-3444 Watershed Association

Development Enterprises 435-4648 Employment Support Services

424-1600 Job Search Services 435-0957

Halifax Services Canada 1-800 622-6232 Women's Employment

Outreach

YMCA Dartmouth 422-8023 Gamblers Hotline

Disabilities

Lake City Employment

Solutions Learning Centre (formerly Dartmouth Work Activity) 468-1320

Affirmative Industries 464-3431

Teamwork Cooperative 422-8900 The Work Bridge

422-8900

Dartmouth Adult Services Centre 468-6606

FINANCIAL

EMPLOYMENT EDUCATION CAREER



YOU START HERE

For revisions and updates, please call 460-4555