



WOMEN'S WELLNESS WITHIN

SERVING WOMEN IN CORRECTIONS

WHERE TO GO FOR HELP IN HALIFAX & TRURO

A RESOURCE GUIDE FOR WOMEN

V 2.0

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Women's Wellness Within: An Organization Serving Women in Corrections

Thank you to our supporters LEAF, NSPIRG, and Pro Bono Students Canada

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WELCOME

This resource guide is to help you navigate programs and services in Halifax and Truro, Nova Scotia

QUESTIONS TO ASK

These programs and services are often staffed by volunteers and supplied by donations. Although they may not have what you are seeking, they might be able to point you in the right direction. Before you leave or hang up, try to remember their name, always thank them for their time. This way, they will be more willing to help you going forward.

Examples of questions to ask:

1. I have a problem with _____, can you help me?
2. What services do you offer that can help me get settled? (i.e. furniture, clothing)?
3. Do you have anything for children and/or babies (i.e. diapers)?
4. Do you have any programs that can help me with bills/finding childcare/paying rent?
5. Do you know of any special programs that I could be eligible for to help me with _____?
6. Do you know of any good, low-budget options in the area for food/shopping/etc.?

For classes and/or support groups that require attendance:

1. Do the programs offer on-site childcare while I participate?
2. Do I qualify for support with transportation (i.e. bus tickets)?

If they do not have what you are looking for:

1. Do you know of somewhere else that might have what I need?
2. Do you know of someone else I can talk to who might be able to help?

GENERAL PHONE LINES

Emergency (Nova Scotia)	Dial: 911
Police (non-emergency)	Halifax Dial: 902-490-5020 Truro Dial: 902-895-5351 Bible Hill RCMP: 902-893-6820
Gov't 24 hr health question-line	Dial: 811
211 Nova Scotia 24hrs, 7 days week information about local services	Dial: 211 Text: 211NS or 21167
Canadian Association of Elizabeth Fry Societies	Dial: 1-844-379-7624
Legal Information Society of Nova Scotia	Dial: 902-455-3135 or 1-800-665-9779
MSI (Health Card)	Dial: 902-496-7005 Dial: 1-800-563-8880
Transition House Association of Nova Scotia 24 hr toll-free line	Dial: 1-855-225-0220 Can help find the closest support
Truro Mental Health Crisis line	Dial: 902-893-5526

CRISIS LINES

Avalon Sexual Assault Crisis Line	Dial: 902-425-0122
Mental Health Mobile Crisis Line (24-hours)	Dial: 1-888-429-8167 Dial: 902-429-8167
Emergency (Truro and Halifax)	Dial: 911
Bryony House Abuse- Related (24-hours)	Dial: 902-422-7650
HRM Duty Counsel (immediate legal help)	Dial: 902-420-7800
Crime Stoppers (Truro)	Dial: 1-800-222-8477
Mi'kmaw Family Healing Centre (Truro)	Dial: 1-800-565-4711
Third Place 24 hr crisis line (Truro)	Dial: 902-893-3232
Colchester Sexual Assault Centre (Truro)	Dial: 902-897-4366

FREE ID

The ID Clinic	Can assist clients with completing any necessary forms, covers applicable costs and travel expenses associated with obtaining government issued identification. Free: <ul style="list-style-type: none"> - Photo IDs - Birth Certificates - Social Insurance Cards - MSI Health Cards - Permanent Residence Cards - Native Status 	By Appointment Only! Dial: 902-292-4587 E-mail: theidclinic@gmail.com No website Spring 2017
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COMMUNITY AND CHILD CARE CENTRES – free unless specified otherwise

Halifax		
Social Work Community Clinic (Dalhousie University)	<p>-Social Work clinic located in Veith House, run by Dalhousie University. Social Work Students are supervised by social work graduates.</p> <p>Offers:</p> <ul style="list-style-type: none"> - Advocacy, supportive counselling/ variety of help -Crisis intervention/management -Case management services -System Navigation 	<p><u>Dial:</u> 902-494-2753 (Coordinator Sarah or Michelle) <u>Email:</u> swcc@dal.ca <u>Facebook:</u> https://www.facebook.com/pg/socialworkcommunityClinic/ <u>Address:</u> 3115 Vieth Street, Halifax</p> <p><u>Hours of Operation</u> Monday-Friday, 10:00am-3:00pm</p>
YWCA (Spryfield)	<ul style="list-style-type: none"> - Housing support - Help accessing resources - Early learning and child care support - Assistance with obtaining and continuing education 	<p><u>Dial:</u> 902-423-6162: Women’s Services 902-423-6162: Child Youth and Family Programs 902-423-6162 (ext 5211): Child Care Contact, Kerri <u>Address:</u> 1239 Barrington St, Halifax 358 Herring Cove Road, Spryfield</p>
Chebucto Family Centre (Spryfield)	<ul style="list-style-type: none"> - Child care (during programs) - Parenting + personal development workshops - Fitness + recreation classes - Help accessing resources - Faxing + photocopying - Home + clothing supplies - Help with transportation - H.O.P.E trauma program - Volunteer Doula Program - Pre-natal classes - Trading Cupboard: barter system for items 	<p><u>Dial:</u> 902-479-3031 (ext 302) <u>Address:</u> 3 Sylvia Avenue, Halifax</p> <p><u>Hours of Operation</u> Monday 9am-12pm Tuesday-Friday, 9am-4pm <i>Closed each day 12:30pm-1pm for lunch</i></p>
Mi’kmaw Native Friendship Centre (Downtown)	<ul style="list-style-type: none"> - Assistance with obtaining employment - Assistance with continuing, obtaining education - Housing support - Child development programs - Help coping with addictions - Mental health support - Victim-support program - 7 Sparks program to support reintegration of ex-offenders 	<p><u>Dial:</u> 902-420-1576 <u>Address:</u> 2158 Gottingen St., Halifax</p>
Memory Lane (Sackville)	<ul style="list-style-type: none"> - Child health and development programs - Day care (free if qualify for subsidy) - Child programming and adult programming to educate about family health 	<p><u>Dial:</u> 902-864- 6363 <u>Address:</u> 22 Memory Lane, Sackville</p>
Bayers Westwood (Fairview)	<ul style="list-style-type: none"> - Parenting support - Pre-school education - Barter system for clothing and household items - Skills training (sewing, cooking, budgeting) - Youth group with weekly events - Community garden 	<p><u>Dial:</u> 902-454-9444 <u>Address:</u> 3499 McAlpine Avenue, Halifax</p> <p><u>Hours of Operation</u> Monday -Thursday, 9am-4pm <i>Closed each day 12:00pm-1pm for lunch</i></p>
Dartmouth Family Centre (Dartmouth)	<ul style="list-style-type: none"> - Pre and post-natal support - Childhood development programs - Parenting workshops 	<p><u>Dial:</u> 902-464-8234 <u>Address:</u> 107 Albro Lake rd., Dartmouth</p>

	<ul style="list-style-type: none"> - Parent & child playgroups - Respite childcare (offsite or for programs) - One-on-one support - IWK Women's Wellness Clinics - Community drop in room <ul style="list-style-type: none"> o Open to community every morning 9am-12:00 noon and every afternoon (except Thursday) from 1- 4pm. o Space to socialize o Information, parenting support o Toys, books for children o Snacks o Daily free bread from FEED NS. o Access to telephone and newspaper - Community trade cupboard: exchange items (ex. children's toys, personal care items, baby care items) - Community Food Centre (Dartmouth North) More info in <i>Food Bank</i> section. 	<p><u>Hours of Operation</u> Monday-Friday, 9am-4pm <i>Closed each day 12:00pm-1pm for lunch</i> <i>Closed Thursday afternoons</i></p>
Family SOS (Downtown)	<p><i>After school program youth and children</i></p> <ul style="list-style-type: none"> - After-school programing - Focusses on physical and mental health of children <p><i>Parenting programs</i></p> <ul style="list-style-type: none"> - In home parenting support - Positive parenting groups 	<p><u>Dial:</u> 902-455-5515 <u>Address:</u> 2006 Gottingen St., Halifax Coordinator Family Support Services, Nicole Hankinson: 902-455-5515 http://www.familysos.ca/programs/youth/</p> <p><u>Hours of Operation</u> Monday-Friday, 9am-4:30pm</p>
Progress Centre- for Children with Special Needs (Downtown)	<ul style="list-style-type: none"> - No referral needed - Workshops and information sessions - Library books about living with a child with special needs - Parent support groups 	<p><u>Dial:</u> 902-423-2686 <u>Address:</u> 530 Novalea Drive, http://www.progresscentre.com</p>
IWK Community Midwifery Care Program	<ul style="list-style-type: none"> - Provides primary maternity care through pregnancy, labour, birth and the initial post-partum period (first six weeks) - Spaces may be reserved for women who are marginalized by culture, age, ethnicity and/or socioeconomic status. - This is a self referral line, you can call on your behalf to inquire. 	<p><u>Dial:</u> 902-491-2292 <u>Address:</u> 68 Highfield Park Drive, Suite 202</p>

FOOD BANKS / SOUP KITCHENS/ CLOTHING/ FURNITURE—free unless specified otherwise

Halifax		
Parker St. Food and Furniture Bank	<u>Food Bank:</u> - Mon, Wed, Fri fill food orders from 8:30am-11:00 am - Register at 8am. bring government ID, photo ID, proof of address <u>Furniture:</u> Free of charge if need is proven, delivery charge may apply.	<u>Dial:</u> 902-425-2125 <u>Address:</u> 2415 Maynard St
Brunswick St. Foodbank	<u>Free Meal:</u> Mon– Sat: 7am- 9 am <u>Food Bank</u> Wednesday for food pick up Thursday (arrive by 9:30 am) *must pre-register <u>Clothing:</u> Mon and Wed: 9am- 2pm (closed 11:30 am- 12:30pm for lunch)	<u>Dial:</u> 902-422-1598 <u>Dial:</u> 902-423-4605 to register for foodbank <u>Address:</u> 2107 Brunswick St
St. Mark’s Foodbank	<u>Food Bank:</u> Tues 9:00am-11am	<u>Dial:</u> 902-454-0207 <u>Address:</u> 5522 Russell St.
Christ Church	<u>Food Bank:</u> Fri 9:30am-11:30 am	<u>Dial:</u> 902-466-4270 <u>Address:</u> 61 Dundas St
Salvation Army (Halifax)	<u>Free Meal:</u> Mon+ Fri 9am-12 noon <u>Free Clothing</u>	<u>Dial:</u> 902-422-1598 <u>Address:</u> 2038 Gottingen St.
Salvation Army (Dartmouth)	<u>Free Meal:</u> Mon: 1:30pm-3pm Thurs: 9:30am-11am, 12:30pm-3pm	<u>Dial:</u> 902-466-6847 <u>Address:</u> 171 Pleasant St.
St. Matthew’s United Church	<u>Free Meal:</u> Sunday 8:20am -9:30am	<u>Dial:</u> 902-423-9209 <u>Address:</u> 1479 Barrington St.
Daily Bread Outreach	<u>Free Meal:</u> Mon- Fri 1:30pm- 3:30pm	<u>Dial:</u> 902-423-7574 <u>Address:</u> 1531 Grafton St.
David's Place Drop-In	<u>Free Meal:</u> Mon-Fri 10am- 1pm	<u>Dial:</u> 902-423-1944 <u>Address:</u> St. David's Church Hall, 1537 Brunswick St.
Hope Cottage	<u>Free Meal:</u> Mon-Fri: 10am-11 am, 5-6pm	<u>Dial:</u> 902-429-7968 <u>Address:</u> 2435 Brunswick St. www.hopecottage.ca
Souls Harbour RESCUE Mission	<u>Free Meal:</u> Mon-Fri: 1pm-4pm	<u>Dial:</u> 902-405-4663 <u>Address:</u> 5568 Cunard St www.shrm.ca
St. George’s Church	<u>Free Meal:</u> Sat 4pm-5pm	<u>Dial:</u> 902-423-1059 <u>Address:</u> 2222 Brunswick St
7th Day Adventist Community Services Centre	<u>Free Meal:</u> Mon 1pm-2pm, Weds 1pm-4pm, Fri 9am-12 pm	<u>Dial:</u> 902-423-3021 <u>Address:</u> 2063 Parker St.
Feeding Others of Dartmouth (Dartmouth)	<u>Free Meal:</u> Mon-Sun 12-12:30 pm Mon, Tues, Weds: 4:30-5pm	<u>Dial:</u> 902-464-2919 <u>Address:</u> 43 Wentworth St.
Sunday Supper, ARK Outreach	<u>Free Meal:</u> Sat 4pm-6pm Drop in, no documents required	<u>Dials:</u> 902-492-2577 <u>Address:</u> 6036 Coburg Road
Breakfast Program, Salvation Army (Spryfield)	<u>Free Meal:</u> Monday, Tuesday, Friday, 9:30am-11am Call for more information, or drop in No documents required *Covers Spryfield and surrounding area	<u>Dial:</u> 902-477-5393 <u>Address:</u> 328 Herring Cove Road
Food Bank Café, St. Paul’s (Spryfield)	<u>Free coffee, tea, snack.</u> Wednesday, 10am- 12pm	<u>Dial:</u> 902-477-5206 <u>Address:</u> 173 Old Sambro Road

	No Feeds, accessible to all	
YWCA Food First (Spryfield)	<u>Free Program</u> 2 nd and 4 th Friday of every month, 11:45- 1:00pm Free meal, shared tips on resources for health eating on a budget. No registration required	<u>Dial:</u> 902-423-6162 (ext 4228) <u>Address:</u> 358 Herring Cove Road
DejaVu Clothing Room, Adsum For Women	Provides Free clothing and accessories to women and children in need	<u>Dial:</u> 902-423-4422 <u>Address:</u> 2421 Brunswick St <u>Hours of Operation</u> Monday-Friday, 9am-5pm

RESOURCES FOR YOUTH (UPPER AGE LIMITS VARY FROM 19-30) – free unless specified otherwise

Halifax		
Phoenix Youth Counselling	- Individual/family therapy for students ages 12-19 and youth taking part in other Phoenix programs, up to age 24 - By appointment only	<u>Dial:</u> 902-444-3400 <u>Address:</u> 5547 Young St., Halifax <u>Hours of Operation</u> Monday-Friday, 9am- 5pm
Phoenix Youth Shelter	- Temporary housing for male and female youth up to age 24	<u>Dial:</u> 902-446-4663 <u>Address:</u> 1094 Tower Road, Halifax
Phoenix House	- Long term living for male and female youth - Focus on development of independent living skills - Age limit of 24	<u>Dial:</u> 902-422-5583 <u>Address:</u> 2385 Hunter St., Halifax
Phoenix Supervised Apartment Program	- Long term apartment living with live-in support worker - For males and females up to age 24	<u>Dial:</u> 902-431-9678 <u>Address:</u> 2385 Hunter St., Halifax
Phoenix Youth Drop-in Centre	- Housing support - Advocacy - Crisis intervention - Counseling - Parenting support - Referral to community and internal resources - Health services - Financial support - Food, clothing, shower and laundry facilities - Computer and phone access	<u>Dial:</u> 902-405-3249 or 1-866-620-0676 <u>Address:</u> 6035 Coburg Road <u>Hours of operation:</u> Mon, Wed, Thurs: 9:30am-1pm, 2pm-5pm Tues, 2-5pm, Fri, 2-4:45pm
Phoenix Youth Outreach Program/ Learning and Employment Centre	- Employment support to youth ages 16-24 - Employment programming - Connection with employers	<u>Dial:</u> 902-431-9111 <u>Address:</u> 6169 Quinpool Rd. Suite 220 <u>Hours of Operation</u> Employ Centre: Mon, Wed, Fri, 9am- 5pm Tuesday, 9am-12:30 pm Outreach Program: Mon- Fri, 9am- 5pm
Phoenix Youth & Community Centre	- After school programming - Girl's group programming - Organized sports - Intergenerational programming - Community kitchen - Summer programming	<u>Dial:</u> 902-877-0276 or 902-444-3401 <u>Address:</u> Mulgrave Park, 123 &133 Jarvis Lane <u>Hours of Operation</u> Monday -Friday, 9am-5pm
Chebucto Connections	- Academic support - Communication connection	<u>Dial:</u> 902-477-0964 <u>Address:</u> 531 Herring Cove Rd., Spryfield Halifax

(Spryfield)	<ul style="list-style-type: none"> - Financial support and planning - Student educational advocacy 	<u>Hours of Operation</u> Monday-Friday, 9am- 4:30pm
Kid's Help Phone	<ul style="list-style-type: none"> - Age 20 and under - Call if dealing with <i>any</i> issue: ranging from mental health challenges, feeling lonely, bullying, etc. 	<u>Dial:</u> 1-800-668-6868
Laing House (referral needed)	<ul style="list-style-type: none"> - For youth living with mental illness age 30 and under - Drop-in centre with daily activities and range of supportive programming 	<u>Dial:</u> 902-423-7744 <u>Address:</u> 1225 Barrington St., Halifax

MENTAL, SEXUAL AND PHYSICAL HEALTH – free unless specified otherwise

Halifax		
Emergency Assessment, QEII Hospital	<ul style="list-style-type: none"> - Emergency health services, including mental health assessment 	<u>Dial:</u> 902-473-2043 <u>Address:</u> 1799 Robie St., Halifax
Public Health Halifax	<ul style="list-style-type: none"> - Offers nutrition information services - Health beginnings programs - Immunization information - Home visits for new parents - Breastfeeding support - Information on communicable diseases - New Parent support - Healthy physical activity information - General health environmental health information for NS 	<u>Dial:</u> 902-481-5800 <u>Address:</u> 7 Mellor Avenue, Unit 5, Dartmouth
North End Community Health Centre	<ul style="list-style-type: none"> - Chronic disease management programs (ex. for diabetes, obesity, arthritis) - Information and community groups focussing on healthy living on a budget - Pre and post-natal education - Mental health worker on site - Helps navigate community resources - Mon- Fri: 9am to 12pm / 1pm to 5pm, Call for appointment. <ul style="list-style-type: none"> o EVENING HOURS (Monday to Thursday): urgent care 6- 8pm (registered patients only. No appointment necessary) o AFTER HOURS (24/7): registered patients only. For urgent care that cannot wait 	<u>Dial:</u> 902-420-0303 <u>Address:</u> 2165 Gottingen St., Halifax (May be moving address summer 2017)
Mobile Outreach (MOSH)	<p>Accessible primary health care services for homeless, insecurely housed, street involved and people underserved by health care, such as:</p> <ul style="list-style-type: none"> - blood work - PAP testing - HIV testing and STI testing - Hepatitis C testing - general checkups - vaccinations - disease management - help getting a health card - Help with issues relating to daily functioning such as mobility, community living and/or participation, 	<u>Dial:</u> 902-429-5290 <u>Address:</u> 2101 Gottingen St., Halifax www.moshhalifax.ca

	<ul style="list-style-type: none"> - health management - Personal empowerment through skill building 	
Ark Outreach Foot Care	<ul style="list-style-type: none"> - Sunday foot care 	<p><u>Dial:</u> 902-492-2577 <u>Address:</u> 2151 Gottingen St. www.arkoutreach.com</p>
24-Hour Health question-line: (Gov't service)	<ul style="list-style-type: none"> - Health information and advice 	<p><u>Dial:</u> 811</p>
NS Health Authority: Community Based Addictions Programs	<ul style="list-style-type: none"> - Discussion-based recovery groups. - Mon- Fri: 8:30 am -4:30 pm, some evening groups. 	<p><u>Dial to register:</u> 1-866-340-6700 <u>locations in:</u></p> <ul style="list-style-type: none"> - Bayers Road - Dartmouth - Cole Harbour - Halifax - Middle Musquodoboit - Musquodoboit Harbour - Sackville - Sheet Harbour - Spryfield - Windsor
Narcotics Anonymous (NA)	<ul style="list-style-type: none"> - Community support groups for those coping with drug addiction 	<p><u>Dial:</u> 902-454-2913 (<i>Meeting Information</i>) or 902-789-8323 (<i>Help line</i>)</p>
Alcoholics Anonymous (AA)	<ul style="list-style-type: none"> - Community support groups for those coping with alcohol addiction 	<p><u>Dial:</u> 902-461-1119</p>
Direction 180 Methadone Clinic	<ul style="list-style-type: none"> - Methadone clinic 	<p><u>Dial:</u> 902-420-0566 <u>Address:</u> 2164 Gottingen St.</p>
Mainline Needle Exchange	<ul style="list-style-type: none"> - Needles, syringes, sterile water, cookers, matches, filters, ties, condoms, safer use kits, safe disposal of used needles. - Awareness and education related to harm reduction, particularly safer injection and safer practices. - Peer support, including assistance with exploring and accessing detox, treatment, methadone. - Assistance in locating and navigating resources for legal, social services, employment and housing issues 	<p><u>Dial:</u> 902-830-3853 or 1-877-904-4555 <u>Address:</u> 5511 Cornwallis St.</p>
Matrix Women's Services (Dartmouth)	<p>Women-centred services provided for and by women who are/have been harmfully involved with drugs, alcohol, and/or gambling, such as</p> <ul style="list-style-type: none"> - Counselling and community groups, - Relapse prevention, - Support for families 	<p><u>Dial:</u> 902-424-5623 <u>Address:</u> Purdy Building, NS Hospital, 300 Pleasant St Rm 187</p>
Schizophrenia Society of NS (Dartmouth)	<ul style="list-style-type: none"> - Supportive programming for those living with schizophrenia and their families 	<p><u>Dial:</u> 902-465-2601 <u>Address:</u> 300 Pleasant St, rm B-23</p>
Canadian Mental Health Association	<ul style="list-style-type: none"> - Non-emergency mental health services 	<p><u>Dial:</u> 902-466-6600 45 Alderney Dr. Suite 200, Dartmouth</p>
Emergency mental health Assessment, NS Hospital (Dartmouth)	<ul style="list-style-type: none"> - Emergency mental health assessment 	<p><u>Dial:</u> 902-464-3114 <u>Address:</u> 300 Pleasant St.</p>
Mental Health Mobile Crisis Team	<ul style="list-style-type: none"> - Phone for help/ intervention if experiencing mental health crisis. 	<p><u>Dial:</u> 1-888-429-8167 or 902-429-8167</p>

Elizabeth Fry of Mainland NS	Self-empowerment programs about <ul style="list-style-type: none"> - Anger Management, - Healthy Relationships, - Personal Boundaries, - Relapse Prevention - Shop-lifting Program. 	<u>Dial:</u> 902-454-5041 <u>Address:</u> 1 Tulip St., Dartmouth
AIDS Coalition of NS	<ul style="list-style-type: none"> - Support and programing for those living with HIV/ AIDS - Information and support for those concerned about contracting HIV/ AIDS 	<u>Dial:</u> 902-425-4882 or 902-429-7922 <u>Address:</u> 5516 Spring Garden Rd, Suite 200
IWK Women's Bladder Health Clinic	<ul style="list-style-type: none"> - Self referral clinic serving all ages experiencing bladder problems. - Education, conservative non-surgical treatment/follow up care 	<u>Dial:</u> 902-470-7783 6 th floor Women's side, IWK Health Centre, 5980 University Av <u>Hours of Operation:</u> Monday-Friday, 8am- 4pm
Bryony House 24 hour women's crisis line	- Emergency support for women experiencing abuse	<u>Dial:</u> 902-422-7650
Halifax Sexual Health Centre (free with a Health Card)	<ul style="list-style-type: none"> - STI testing, treatment - Birth control/contraception - Morning-after pills - HPV vaccine - Pap tests/pelvic & breast exams - Pregnancy testing - Pregnancy options counselling - Pre-natal care referrals - Abortion counselling and referrals - Adoption referrals - Free condoms & lube - Anonymous HIV testing - Sexuality counselling 	<u>Dial:</u> 902-455-9656 <u>Address:</u> 6009 Quinpool Road (Suite 201)., Halifax
Maritime Abortion Support Services	<ul style="list-style-type: none"> - Non-medical support - Help navigating the medical system - Connects you to a volunteer/doula who can accompany you to appointments - Can help cover transportation costs to and from appointments/ accommodation if needed. 	<u>Dial:</u> Facebook/Email contact only: https://www.facebook.com/maritimeabortionsupport/ masshfx@gmail.com
Metropolitan Dispensary	<ul style="list-style-type: none"> - Provides low-cost prescription medications for low income individuals or anyone who can not afford the medication they have been prescribed. - *Required to be a resident of Nova Scotia 	<u>Dial:</u> 902-470-8135 <u>Address:</u> IWK Health Centre 1 st level near the South Street Entrance 5850/5890 University Ave <u>Hours of Operation</u> Monday-Friday, 8:30am- 4:30pm *Referral required from a social worker. If you do not have a social worker call 211*
Upstairs Kitchen Club	- Peer support group for anxiety and depression	<u>Dial:</u> 902-471-1422 <u>Address:</u> Mental Health Services Office, Bayers Road Shopping Centre <u>Hours of Operation</u> Group meets every Tuesday at 7 pm

Avalon Sexual Assault Centre	<ul style="list-style-type: none"> - For women and trans individuals who have experienced/ are experiencing sexual abuse/ assault - Individual counselling in relation to sexual abuse/assault - General information, preparation, and emotional support for police processes, justice system processes, the S.A.N.E. program, and other community resources; -Accompaniment and support to court, police, and other appointments related to sexual assault/abuse when possible. -SANE program (info provided below) 	<p><u>Dial:</u> 902-422-4240 <u>Address:</u> 1526 Dresden Row, 4th floor http://www.avaloncentre.ca</p>
Avalon SANE Response Line	<ul style="list-style-type: none"> - Telephone response line for immediate sexual assault information and support - Available 24 hours a day, 7 days a week. - Serves people who experienced a sexual assault in the past 5 days (120 hours). - Response provides <ul style="list-style-type: none"> o medical examination and forensic evidence collection in emergency departments of the IWK Health Centre, QEII Health Sciences Centre, Dartmouth General Hospital and Cobequid Community Health Centre. o programs and counselling o Supportive follow-up for victims 	<p><u>Dial:</u> 902-425-0122</p>
In Need of a Family Doctor	<ul style="list-style-type: none"> - Nova Scotia provincial waitlist for a family doctor. 	<p><u>Dial:</u> 811</p> <p><u>Hours of Operation</u> Monday- Friday, 11am- 7pm</p>
The Stepping Stone Association-Drop in centre (for current and former sex workers)	<ul style="list-style-type: none"> - For current and former sex workers - Open Mon-Fri 9:30 am- 1:00 pm. - Provides: <ul style="list-style-type: none"> o food (coffee, snacks, food delivered daily, monthly food order) o access to telephone+ computer, shower, towels, hygiene products o clothing closet o peer support and crisis intervention o addiction referrals o court support and housing support o help building resumes, finding jobs and obtaining education referrals o monthly programming 	<p><u>Dial:</u> 902-420-0103 <u>Address:</u> 2224 Maitland St www.stepsingstonens.ca</p>

LEGAL SUPPORT—free unless specified otherwise**Halifax and NS Wide**

Women's Wellness Within	<ul style="list-style-type: none"> - Provides one on one services for criminalized women in Nova Scotia. Services Include: <ul style="list-style-type: none"> - Legal support - Doula support - Midwifery care - Parent support - Breastfeeding support and education 	<p><u>Facebook:</u> https://www.facebook.com/pg/womenswellnesswithin/about/ <u>Email:</u> womenswellnesswithinns@gmail.com</p> <p>Partners include: Elizabeth Fry Societies, Chebucto Family Centre, the IWK Health Centre,</p>
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		Halifax LEAF
Canadian Association of Elizabeth Fry Societies	- Acts as an advocate for women and girls in the justice system, dealing with the following issues as they relate to the justice system (<i>not</i> limited to): <ul style="list-style-type: none"> - human rights - literacy - mental health - racism - deaths in custody - battered women - mothering in prison 	<u>Dial:</u> 1-844-379-7624 or 902-454-5041
Family Law Information NS	- Information about dealing with family law processes and services	<u>Dial:</u> 902-424-5232 www.nsfamilylaw.ca
NS Legal Aid	- Legal services for economically vulnerable Nova Scotians	<ul style="list-style-type: none"> - Truro: <ul style="list-style-type: none"> o <u>Dial:</u> 902-893-5920 or Toll free-1-877-777-5920 - Dartmouth: Criminal law: <ul style="list-style-type: none"> o <u>Dial:</u> 902-420-8815 or 1-877-420-8818 o <u>Address:</u>300-99 Wyse Road. - Dartmouth Family law <ul style="list-style-type: none"> o <u>Dial:</u> 902-420-7921 or 1-855-420-7921: o <u>Address:</u> 1210-99 Wyse Road - Halifax Adult Criminal law: <ul style="list-style-type: none"> o <u>Dial:</u> 902-420-6583 or 1-877-777-6583 o <u>Address:</u> 400-5475 Spring Garden Road - Halifax family law: <ul style="list-style-type: none"> o <u>Dial:</u> 902-420-3450 or 1-866-420-3450 o <u>Address:</u> 2830 Agricola St. - HRM Duty Counsel: <ul style="list-style-type: none"> o <u>Dial:</u> 902-420-7800 o <u>Address:</u> 402-5475 Spring Garden Road. - HRM Youth NS Legal Aid: <ul style="list-style-type: none"> o <u>Dial:</u> 902-420-6569 o <u>Address:</u> 401-5475 Spring Garden Road: <p>Youth Legal Aid services includes social justice assistance for anyone between ages of 12-17</p>
Dalhousie Legal Aid	- Legal services for economically vulnerable Nova Scotians in the following areas: <ul style="list-style-type: none"> - family law - youth criminal law - tenancy and housing rights - disputes with NS Power - Debt problems 	<u>Dial:</u> 902-423-8105 <u>Address:</u> 2209 Gottingen St.
Summary Advice Counsel (SAC Lawyer)	- Assistance for people who do not have a lawyer and need legal advice on a family law matter regardless of income. - Basic information about legal terms, how to start or respond to a court application, court processes, legal documents, other aspects of family law. - Advice on child custody and access, child and spousal support, property division, divorce, and most other family law matters and court processes.	<p>Locations:</p> <p><u>Truro</u> <u>Dial:</u> 902-893-5920 523 Prince Street, Suite 102</p> <p><u>Dartmouth</u> <u>Dial:</u> 902-420-7921 99 Wyse road, Suite 1210</p> <p><u>Halifax</u> <u>Dial:</u> 902-424-5616 3380 Devonshire Ave</p>

		<p><u>Dial:</u> 902-420-3450 2830 Agricola Street</p> <p><u>Dial:</u> 902-420-7800 5475 Spring Garden Road</p>
Mi'kmaq Legal Support Network (Dartmouth)	<ul style="list-style-type: none"> - Legal support for Aboriginal people in NS in criminal law - Victim support services 	<p><u>Dial:</u> 902-468-0381 <u>Address:</u> 15 Alderney Drive, Suite 3, Dartmouth www.mlsn.ca</p>
Coverdale Courtwork Society	<ul style="list-style-type: none"> - Emotional and informational support for women going through the court process - Educational programs promoting self-knowledge and empowerment 	<p><u>Dial:</u> 902-422-6417 <u>Address:</u> 2346 Hunter St.</p>
Halifax Refugee Clinic	<ul style="list-style-type: none"> - Legal services for refugee claimants and refugees regarding their claim 	<p><u>Dial:</u> 902-422-6736 <u>Address:</u> 5538 Macara St.</p>
Immigrant Services of NS	<ul style="list-style-type: none"> - Refers immigrants to the appropriate legal services in NS 	<p><u>Dial:</u> 902-423-3607 or 1-866-431-6472 <u>Address:</u> 6960 Mumford Road, Suite 2120 (2nd floor)</p>
Legal Information Society of Nova Scotia (LISNS)	<ul style="list-style-type: none"> - Legal information (not advice) - Can refer to community resources, including referrals to lawyers 	<p><u>Dial:</u> 902-455-3135 or 1-800-665-9779</p> <p><u>Hours of Operation:</u> Monday-Friday, 9:30am-4:30 pm (closed 1-2pm)</p>
LISNS Info Line & Lawyer Referral Services	<ul style="list-style-type: none"> - Legal Information (not advice) 	<p><u>Dial:</u> 902-455-3135 or toll free 1-800-665-9779</p>
Family Law Information Program (FLIP)	<ul style="list-style-type: none"> - Can tell you how to find a lawyer and where to get legal advice - Can tell you about available court programs and services and refer you to community agencies that may be helpful - Help you understand the court process, help you find free information about your legal issue - Can NOT tell you what application you should make, what the outcome of your application will be or give you legal advice or opinions 	<p><u>Dial:</u> 902-424-5232 <u>Address:</u> 3380 Devonshire court, Halifax</p> <p>Sydney location <u>Dial:</u> 902-563-5781</p> <p>No Truro location</p>
Aftercare Services, by the John Howard Society of NS	<ul style="list-style-type: none"> - Information and referral support regarding conflict with the law - No fees, no documents required, call for information 	<p><u>Dial:</u> 902-429-6429 <u>Address:</u> 541 Sackville Drive, Suite 1</p>

HOUSING INFORMATION – free unless specified otherwise

Halifax		
Housing Services	<ul style="list-style-type: none"> - Provides people with yearly income of 20,000 or less with small grants or loans to help them obtain affordable housing. 	<p><u>Dial:</u> 1-800-774-5130 <u>Address:</u> 3770 Kempt Road, Suite 3</p>
Tawaak Housing (Aboriginal Housing Support)	<ul style="list-style-type: none"> - Operates and delivers socially assisted rental housing - Provide suitable, adequate and affordable housing to Aboriginal peoples of low to moderate income 	<p><u>Dial:</u> 902-455-2900 <u>Address:</u> 6175 Lady Hammond Road www.tawaakhousing.org</p>
Housing Support Centre	<ul style="list-style-type: none"> - Assistance finding affordable housing. - Access to information such as housing vacancies, obituaries, community resources and events - Assistance keeping housing (can help maintain, clean and organize apartment) - Assistance maintaining health and well-being. 	<p><u>Dial:</u></p> <ul style="list-style-type: none"> - 902-466-8714 - 902-423-3829 (<i>eviction-prevention help</i>) <p><u>Address:</u> 2330 Gottingen St. www.metrononprofithousing.ca</p>

SHELTERS/ PLACES TO STAY (in HRM and beyond) —free unless specified otherwise

Halifax		
Adsum House	- Short-term and long-term housing for women, children and transgendered individuals - Provides laundry and shower facilities for women and children at risk of homelessness	<u>Dial:</u> 902-423-4443 <u>Address:</u> 2421 Brunswick St, Halifax www.adsumforwomen.org
Barry House	- Short- term shelter for women and children	<u>Dial:</u> 902-422-8324 <u>Address:</u> 2706 Gottingen St. www.shelternovascotia.com
Bryony House (Halifax)	- Short-term housing and counselling services for women and children dealing with and trying to escape abuse	<u>Dial:</u> - <i>Shelter:</i> 902-423-7183 - <i>24 Hour Help Line:</i> (902) 422-7650 <u>Address:</u> 3358 Connaught Avenue www.bryonyhouse.ca
Alice House (Dartmouth)	- Affordable housing for women for up to 2 years	<u>Dial:</u> 902-466-8459 http://alicehousing.ca
Marguerite Centre (Addiction Recovery-Women)	- Long-term housing for women recovering from addiction	<u>Dial:</u> 902-876-0006 <u>Address:</u> 3178 St Margaret's Bay Rd
Nehiley House	- Halfway house for women released from prison	<u>Dial:</u> 902-454-5532 <u>Address:</u> 3170 Romans Ave
Tearman House (New Glasgow)	- Short-term housing and counselling for women and children who are dealing with and trying to escape abuse	<u>Dial:</u> - <i>24 Hour Help Line:</i> 902-752-0132 or 1-888-831-0330 - <i>Shelter phone:</i> 902-752-1633
Juniper House (Yarmouth and Shelburne)	- Short-term housing and counselling for women and children who are dealing with and trying to escape abuse	<u>Dial:</u> - <i>24 Hour Help Line:</i> 902-742-8689 or 1-800-266-4087 - <i>Shelter administration:</i> 902-742-4473 - <i>Outreach:</i> 902-742-0231
Harbour House (Bridgewater)	- Short-term housing and counselling for women and children who are dealing with and trying to escape abuse	<u>Dial:</u> - <i>24 Hour Help Line:</i> 902-543-3999 or 1-888-543-3999 - <i>Shelter administration:</i> 902-543-3665 - <i>Outreach:</i> 902-543-9970
Naomi Society (Antigonish)	- Short-term housing and counselling for women and children who are dealing with and trying to escape abuse	<u>Dial:</u> 902-863-3807
Autumn House (Amherst)	-Short-term housing and counselling for women and children who are dealing with and trying to escape abuse	<u>Dial:</u> - <i>24 Hour Help Line:</i> 902-667-1200 - <i>Shelter Administration:</i> 902-667-1344
Chrysalis House (Kentville)	-Short-term housing and counselling for women and children who are dealing with and trying to escape abuse	<u>Dial:</u> - <i>24 Hour Help Line:</i> 902-679-1922 or 1-800-264-8682 - <i>Outreach phone:</i> 902-679-1155
Leeside House (Port Hawksberry)	- Short-term housing and counselling for women and children who are dealing with and trying to escape abuse	<u>Dial:</u> - <i>24 Hour Help Line:</i> 902-625-2444 - <i>Outreach phone:</i> 902-625-1990
Third Place (Truro)	- Short-term housing and counselling for women and children who are dealing with and trying to escape abuse	<u>Dial:</u> - <i>24 Hour Help Line:</i> 902-893-3232 or 1-800-565-4878

		- Shelter Administration: 902-893-4844 - Outreach: 902-893-4844
Cape Breton Transition House (Sydney)	- Short-term housing and counselling for women and children who are dealing with and trying to escape abuse	<u>Dial:</u> 902-562-3045
Out of the Cold Shelter	- Emergency winter shelter for women and men - Open from December 1-April 30	<u>Dial:</u> 902-580 1479. <u>Address:</u> St. Matthews Church 1479 Barrington St.
Phoenix House (youth shelter)	- Emergency shelter for youth, women and men aged 16-24	<u>Dial:</u> 1-878-5088 or (902) 446-4663 <u>Address:</u> 1094 Tower Rd
WYCA WISH program and SHYM program	- For women 19 and older - Affordable housing and assistance maintaining housing - Extra housing support for single mothers	<u>Dial:</u> 902-423-6162 x1227 902-465-2212 (for single mother program)
Elizabeth Fry Society of Cape Breton Satellite Apartments (Cape Breton)	- Housing for women 18years and older - Takes women from Correctional Service of Canada and provincial courts (remands) who were sentenced provincially or federally on conditional release who are willing to follow program of Satellite Apartment - Goal of reintegration into community	<u>Dial:</u> 902-562-8271 <u>Address:</u> 16C Lavatte Cres, Sydney

FINANCIAL ASSISTANCE – free unless specified otherwise

Halifax		
Information Centre-Ward 5	- Provides information on housing, taxes, and employment issues.	<u>Dial:</u> 902-454-0018
Income Assistance General Inquiries (Gov't service)	- General inquiries about income assistance	<u>Dial:</u> - Halifax: 902-424-4150 - Dartmouth: (902) 424-1600 - Truro- 902-893-5950
Tax Return Help	- Mon-Fri 9am-2pm - bring T4, T5 forms if possible	<u>Dial:</u> 902-423-4605 <u>Address:</u> 107 Brunswick St. www.brunswickst.mission.org
Budgeting classes	- Bayers Westwood free skills training	<u>Dial:</u> 902-454-9444 <u>Address:</u> 3499 McAlpine Avenue,
Financial Literacy Series	- Learn about/develop budgets - Staying away from money frauds/scams - How to avoid debt - Learn about credit/credit cards	<u>Dial:</u> 902-225-3466 <u>Address:</u> 139 Main Street, Dartmouth

FINDING WORK – free unless specified otherwise

Halifax		
Women's Employment Outreach/Women's Employment Services	- Individual employment counseling - Career exploration - Job search education and skill development - Skill enhancement - Help with employment maintenance - EI related program application support	<u>Dial:</u> 902-422-8023 <u>Address:</u> 7051 Bayers Road Halifax, suite 501
Job Junction	- Professional development workshops: help with <ul style="list-style-type: none"> o resumes o cover letters o interview skills o computer skills 	<u>Dial:</u> 902-455-9675 <u>Address:</u> 6960 Mumford Road www.jobjunction.ca

	<ul style="list-style-type: none"> o social networking skills - Information on available jobs, job fairs - Professional clothing and haircuts (event, specific dates) - Special workshops for those over 45 years of age returning to work - Free individual case management, skills assessment and help finding job 	
Employment Support Services (Gov't service)	- Call for general inquiries	<u>Dial:</u> - Halifax: 902-424-1980 - Dartmouth: 902-424-6200
Lake City Employment (for people diagnosed with mental health issues) (Dartmouth)	<ul style="list-style-type: none"> - Help with identifying what you want to do and can do. - Access and support education and training. - Create resumes and cover letters, and prepare for interviews - Provide job search support and help with locating and contacting employers. - Set up volunteer and training placements. - Provide follow along support to maintain your employment. - Connect you to community agencies that can provide additional services and supports. 	<u>Dial:</u> 902-465-5000 <u>Address:</u> 386 Windmill Road
YMCA Employment Workshops	<ul style="list-style-type: none"> - Career preparation - Basic computer skills - Employment readiness - Job search techniques - Advice on resumes & cover letters 	<u>Dial:</u> 902-461-4622 <u>Address:</u> 118 Wyse Road, Suite 14
Opportunity Place Career Resource Centre	<ul style="list-style-type: none"> - Workshops for improving work skills - One on one assessment of good career fit - Assistance finding a job 	<u>Dial:</u> 902-864-7520 <u>Address:</u> 108 Cobequid Rd Suite 100
Interview and Resume Preparation (Brunswick St. Mission)	- Tues and Thurs 9am-2pm	<u>Dial:</u> 902-423-4605 <u>Address:</u> 107 Brunswick St. www.brunswickst.mission.org
Dress for success	<ul style="list-style-type: none"> - Interview/ professional clothing - Help finding and retaining a job - Help coping with issues at work 	<u>Dial:</u> 902-493-7377 <u>Address:</u> 2016 Gottingen St. www.halifax.dressforsuccess.org

ACCESSING INTERNET, POWER AND PHONE SERVICES

Nova Scotia Wide

Comparing Phone Plans and Prices	<p>The below websites provide up to date information on different cell phone providers in Nova Scotia. What plans are phones are currently priced</p> <p> http://www.planhub.ca/nova-scotia https://www.whistleout.ca/CellPhones http://www.comparecellular.ca/compare-plans-in-nova-scotia/ </p>	<p><u>Fido</u> Halifax Shopping Centre: 902-455-6551</p> <p><u>Wireless Wave</u> 245 Robie St. Truro Mall: 902-893-4993</p> <p><u>Koodo</u> Halifax Shopping Centre: 902-454-1282</p> <p><u>Virgin Mobile</u> Halifax Shopping Centre: 902-455-4211</p> <p><u>Bell Aliant</u> 245 Robie St. Truro Mall: 902-897-2592 Halifax Shopping Centre: 902-4550424</p>
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		<p><u>Rogers</u> 254 Robie St. Truro Mall: 902-893-2288 Spring Garden Road: 902-492-3388</p> <p><u>Telus</u> Halifax Shopping Centre: 902-454-1381</p> <p><u>Eastlink</u> 69 Walker St: 902-843-2800 5690 Spring Garden Road, Hfx: 902-431-4272</p>
<p>Free Internet Access/Public Library Services</p>	<p>-All Public library branches have free Wifi to be used on a personal electronic device (phone, tablet, ipad) -All library branches have desktop computers and internet access that can be used for free (by anyone with a library card) -The public libraries also have computer/internet training sessions they offer for free -To access the computers, you will need a public library card. Library cards are free and can be given to you at any library branch -When requesting a library card, you will need to present two pieces of id</p>	<p>If you are looking for the closest library branch, please Dial: 902-490-5744</p>
<p>Nova Scotia Power</p>	<p>-NS Power requires you complete a registration phone call -NS Power will charge a \$28 connection fee for setting power up in your name -NS Power will ask for your first and last name. As well as the street address which you are requesting power set up -If you have an "acceptable" credit score you are not required to provide a security deposit. -NS Power offers a "Security Deposit" option if you do not have an "acceptable" credit score/any credit score. The Security Deposit is negotiable with the NS Power representative you are speaking with. It might be a two-month deposit for the typical power costs of the apartment. -"Bad credit" does not affect your ability to access power. You can not be denied a power account because of bad credit. However, the cost of the security deposit may need to be negotiated. -Try to phone NS Power 10 days before you move into the home. Sometimes there is a delay in power setup. -You can pay a NS power bill at ANY BANK, by telephone or via internet banking. The bank can walk you through the process of completing a NS Power payment. Paying through a bank is FREE and does not require interest rates/ credit cards</p>	<p><u>Dial:</u> 902-428-6230 or 1-800-428-6230 <u>Address:</u> 1223 Lower Water Street, Halifax <u>Hours of Operation</u> Customer Care Monday-Friday, 8:00am-8:00pm</p>
<p>Credit Counselling Services of Atlantic Canada</p>	<p>-Helps with friendly debt repayment -Credit and debt education, knowing your rights -Can help consolidate debt and come up with a manageable repayment schedule -Review pros and cons of all options - such as bankruptcy vs, other options</p>	<p><u>Dial:</u> 1-888-753-2227 <u>Address:</u> Metropolitan Place, 99 Wyse Road Dartmouth <u>Hours of Operation:</u> Monday-Thursday, 8:00am-8:00pm Friday, 9:00am-5:00pm Saturday, 9:00-1:00pm</p>

SUPPORTIVE PEOPLE IN THE COMMUNITY- HRM

Sisters of Charity –Sister Joan O’Keefe	- Can supportively direct to community resources	<u>Dial:</u> 1-844-406-8114 <u>Address:</u> 215 Seton Road
Halifax Community Chaplain Society- Reverend Rob Elford	- Call for general support, referral to other community resources	<u>Dial:</u> 902-292-7995 <u>Email:</u> halifaxcommunitychaplain@gmail.com

COMMUNITY AND CHILD CARE CENTRES – free unless specified otherwise

Truro		
Maggie’s Place	<ul style="list-style-type: none"> - Parent and child playgroups - Parenting programs - Youth and child programs, babysitting courses, cooking classes - Prenatal/postpartum support - Breastfeeding support - Food skills programs for families 	<u>Dial:</u> 902-895-0200 (General questions) 902-986-1119 (Nicole Hurley) <u>Address:</u> 1027 Prince Street, Truro
Central Nova Women’s Resource	<ul style="list-style-type: none"> - Crisis and follow up support - Friendly listening, individual advocacy, accompaniment and referral services for the Colchester area - Computer technology support - Community development programs - Seasonal clothing (Jackie’s Closet) 	<u>Dial:</u> 902-895-4295 <u>Address:</u> 67 Dominion Street, Truro <u>Hours of Operation</u> Monday-Friday, 8:30am-4:30pm Closed for lunch 12pm-1pm
Native Council of NS-Child Help Initiative Program (CHIP)	<ul style="list-style-type: none"> - Prenatal support - Nutrition information - Cultural, spiritual support - Recreational facilities for families - Parent support groups - Toy lending, craft supplies, library services 	<u>Dial:</u> 902-895-1738 or Toll Free: 1-800-565-4372 Program Facilitator; Michelle Himmelman <u>Address:</u> 129 Truro Heights Rd, Truro *Specifically, for Aboriginal Families living off reserve, with children 6 or younger
Native Council of NS	<ul style="list-style-type: none"> - Student services education - Native social counselling support - E’pit Nuji Ilmuet program - Mi’kmaq language program - Employment training 	<u>Dial:</u> 902-895-1523 (General Questions) <u>Address:</u> 129 Truro Heights Rd, Truro
East Hants Family Resource Centre	<ul style="list-style-type: none"> - Prenatal and breastfeeding support groups - Weekly playgroups - Clothing depot - Reference library - Family literacy groups 	<u>Dial:</u> 902-883-4349 <u>Address:</u> Rm 104, 224 Hwy 214, Elmsdale

FOOD BANKS / SOUP KITCHENS/ CLOTHING/ FURNITURE –free unless specified otherwise

Truro		
Feed Nova Scotia Helpline	- The main line will connect you with closest food bank	<u>Dial:</u> 1-877-521-1188 feednovascotia.ca
Colchester Food Bank	<ul style="list-style-type: none"> - Provides emergency food support - Typically provides enough food for three to five days - *Clients can access the food bank once a month 	<u>Dial:</u> 902-893-4566 <u>Address:</u> 46 Forrester Street, Truro <u>Hours of Operation</u> Mon, Wed, Fri, 1pm-4:30pm
Amherst Food Assistance Network	<ul style="list-style-type: none"> - Provides emergency food support - Typically provides enough food for three to five 	<u>Dial:</u> 902-661-0677 <u>Address:</u> 5 King Street, Truro

	<ul style="list-style-type: none"> days - *Clients can access the food bank once a month - *Must live within 10 km of Amherst 	Open three days a week, call for times
Hants North Community Food Bank	<ul style="list-style-type: none"> - Provides emergency food support - Typically provides enough food for three to five days - *Clients can access the food bank once a month 	<u>Dial:</u> 902-362-2808 <u>Address:</u> 6 Barr Settlement Road, East Gore Open one day a week, call for times
Indian Brook Food Bank	<ul style="list-style-type: none"> - Provides emergency food support - Typically provides enough food for three to five days - *Clients can access the food bank every two weeks 	<u>Dial:</u> 902-758-2049 or Sipekne'katik Main Office, 902-758-2049 <u>Address:</u> 185 Sesame Street, Shubenacadie <u>Hours of Operation</u> (Only July and August) Monday, 1pm-2:30pm (Bread pickup) Friday, 12noon-3pm
Salvation Army Family Services (Truro)	<ul style="list-style-type: none"> - Provides emergency food support - Typically provides enough food for three to five days - *Note clients can access the program once every 90 days 	<u>Dial:</u> 902-893-3042 <u>Address:</u> 14 Outram Street, Truro <u>Hours of Operation</u> By Appointment, please call on Mondays to make an appointment for that week *You will be asked to bring income statements, proof of address and identification for each member of household
Shumilacke Food Bank Society	<ul style="list-style-type: none"> - Provides emergency food support - Typically provides enough food for three to five days - *clients can access the food bank once a month 	<u>Dial:</u> 902-758-1701 <u>Address:</u> 5 Mill Village Road, Shubenacadie <u>Hours of Operation</u> Friday: 1pm-3:30pm
Central Nova Women's Resource	<ul style="list-style-type: none"> - Seasonal clothing (Jackie's Closet) 	<u>Dial:</u> 902-895-4295 <u>Address:</u> 67 Dominion Street, Truro <u>Hours of Operation</u> <i>Closed for lunch 12noon-1pm</i> Monday-Friday, 8:30am- 4:30pm

MENTAL, SEXUAL AND PHYSICAL HEALTH – free unless specified otherwise

Truro		
Emergency Department-Colchester East Hants	<ul style="list-style-type: none"> - Emergency health services, including mental health assessment 	<u>Dial:</u> 902-893-5554 <u>Address:</u> 600 Abenaki Road, Truro
Public Health Truro	<ul style="list-style-type: none"> - Offers nutrition information services - Health beginnings programs - Immunization information - Home visits for new parents - Breastfeeding support - Information on communicable diseases - New Parent support - Healthy physical activity information - General health environmental health information for NS 	<u>Dial:</u> 902-893-5820 <u>Address:</u> Colchester East Hants Health Centre, 600 Abenaki Road, Level 1 Wing B
Truro Walk-in Clinic	<ul style="list-style-type: none"> - First come, first serve basis - Call for same day appointments - Routine medical issues normally seen by family practice - Not an emergency department 	<u>Dial:</u> 902-893-3635 <u>Address:</u> 68 Robie Street, Fundy Trail Mall, Truro <u>Hours of Operation:</u> Open Evenings, Mon-Friday Daytime Saturday

Archway Counseling Association	- Counseling for adults, youth, children, individuals, couples and families	<u>Dial:</u> 902-893-3991 <u>Address:</u> 883 Prince Street, Truro Therapist include: Valerie Brown, Derek Voegeli, Paula Weaver, Cynthia Voegeli
Welkaquik (Next Step Shelter)	- Second stage housing	<u>Dial:</u> 902-895-1738 or Toll free:1-800-565-4372
The Wood Street Centre	- Offers treatment and programs for children and youth. Specifically offering a range of support for behavioural/ emotional challenges	<u>Dial:</u> 902-896-7040 <u>Address:</u> 225 Wood Street, Truro
Truro Head Start Society	- Special needs inclusive preschool	<u>Dial:</u> 902-895-1411 <u>Address:</u> 36 Arthur Street, Truro <u>Hours of Operation</u> Mon-Friday, 9:00am-3:00pm
Colchester Sexual Assault Centre	- Trauma-informed counseling and support for survivors of sexualized assault and abuse - Support and information for family, friends of sexualized assault and abuse - Information and referral - Educational groups, workshops and presentations - A safe place for GLBTTIQQ - Short term supportive and crisis counseling for GLBTTIQQ - Resource information on various issues, sexuality, relationships, sexual orientation and Stl's	<u>Dial:</u> 902-897-4366 902-897-4366: Community Coordinator, Kendra MacKinnon <u>Address:</u> 80 Glenwood Drive, Truro <u>Hours of Operation</u> Monday-Thursday, 9:30am-4:30pm
Colchester East Hants Community Hospice Society	- Grief support counseling - Grief support groups - Evening remembrance services, opportunity for collective grieving	<u>Dial:</u> 902-893-3265 <u>Address:</u> 89 Queen Street, Truro *Contact office for services and times
Third Place Transition House	- 24 hours Crisis Line - Shelter for 15 women and children - Safe living environment for up to six weeks - In-house supportive counseling - Legal and social service systems assistance	<u>Crisis Line Dial:</u> 902-893-3232 <u>General Inquiries:</u> 902-893-4844 *24 hour service
Northern Health Connections Society	- Supportive counseling, assistance understanding and navigating social service systems - Referral to other services such as food banks/health professionals - Free condoms, needle exchange, referrals to family physicians and HIV/HCV specialists - Lunch and grab program - *Eligibility: those affected with HIV/Aids, hepatitis C, sexually transmitted infections or other blood borne pathogens. And their support people	<u>Dial:</u> 1-800-940-2437 or 902-985-0931 <u>Address:</u> 33 Pleasant Street, Truro <u>Hours of Operation</u> Monday-Friday, 9am-4pm
Canadian Mental Health Association, Colchester-East Hants Branch	- Education and advocacy resource centre - Offers, supportive housing - Social and recreational support - Supportive employment and peer-led support groups - Mental health recovery support groups - Youth outreach programs - Mental health in the work place assistance	<u>Dial:</u> 902-895-4211 Call for the closest location Community Outreach Worker: Sally-Ann Normanton: 902-895-4211 <u>Hours of Operation</u> Mon, Tues, Thurs: 9am-5pm Wed: 1-5pm

Alcoholics Anonymous	- Meetings where people can share their experiences with alcoholism	<u>Dial:</u> 902-895-4169 *Please call for locations
Over Eaters Anonymous/Addiction services	- Voluntary program providing individual support - Early treatment, wellness education - Problem solving and advocacy - Relapse prevention - Links to community resources - Long acting medication depot clinic	<u>Dial:</u> 902-893-5526 or 1800-460-2110 (ext 45526) <u>Address:</u> 600 Abenaki Road, Truro <u>Hours of Operation</u> Monday-Friday, 8:30-4:30 pm
Mental Health and Addiction Services, Crisis Response Service	- Open to people of all ages who are experiencing a mental health crisis - Contact the Crisis Response Service number to access services - After hours, call the Mental Health Crisis Line, go to your nearest emergency room, or dial 9-1-1 - Individuals may refer themselves or may be referred by family doctors, family members, friends and community agencies	<u>Dial:</u> 902-896-2606 or Toll free: 1-800-460-2110 (ext 42606) <u>After Hours:</u> 1-888-429-8167 <u>Hours of Operation</u> Monday-Thursday, 9:00am-6:00pm Friday. 9:00am-4:30pm
Mi'kmaw Family Healing Centre	- Community support group, can direct you to nearest services	24 hr crisis line (Truro) <u>Dial:</u> 902-893-8483 Or Toll free: 1-800-565-4741
Narcotics Anonymous (NA) – Central Nova Narcotics Anonymous	- Community support groups for those coping with drug addiction	<u>Dial:</u> 902-454-2913 (<i>Meeting Information</i>) (902)789-8323 (<i>Help line</i>)

LEGAL SUPPORT – free unless specified otherwise

Truro		
Restorative Justice (aka) Community Justice Forum Provided by the RCMP (Truro)	- Alternative methods of justice outside of the formal system, focus is on offender accountability, problem solving	<u>Dial:</u> 902-893-6820 <u>Address:</u> 283 Pictou Road Truro
The John Howard Society of Nova Scotia, Restorative Justice Program	- Program focuses on repairing harm done by the offence, reintegrating the offender into the community, and achieving a sense of healing for both the victim and the community	<u>Dial:</u> 902-843-4969 <u>Address:</u> 184 Arthur Street, Suite 220, Truro Contact: Christina King

HOUSING INFORMATION – free unless specified otherwise

Truro		
Regional Housing Authorities, Truro	- Can provide information about subsidized housing in your area.	<u>Truro and Colchester County:</u> 902-893-7235 or 1-877-846-0440 <u>Amherst and Cumberland County:</u> 902-667-8757 or 1-800-934-2445 <u>Halifax:</u> 902-424-5110 or Toll free: 1-800-774-5130
Red Bear Healing Home	- Free voicemail service for anyone who can't afford a cell phone, landline or the internet. - Service can help keep you in touch with potential landlords, employers, and service providers.	<u>Dial:</u> 902-448-4744 <u>Hours of Operation</u> Monday-Sunday, 10am-9:30pm
Wenjikwom Housing Commission (Truro)	- Helps provide affordable housing solutions for people living off reserve	<u>Dial:</u> 902-843-3551 or 1-800-565-4372

SHELTERS/ PLACES TO STAY (in HRM and beyond) —free unless specified otherwise

Truro		
Third Place Transition House	<ul style="list-style-type: none"> - 24-hour Crisis Line - Shelter for 15 women and children - Safe living environment for up to six weeks - Legal and social services systems assistance - In-house supportive counselling 	<p><u>Crisis line:</u> 902-893-3232 <u>General Inquiries:</u> 902-893-4844 <u>Women's Outreach:</u> 902-895-9740 <u>Toll Free:</u> 1-800-565-4878</p> <p>*Some services available 24 hours</p>
Millbrook Family Healing Centre	<ul style="list-style-type: none"> - Protection, safety, shelter, and basic life necessities to women and children - 24-hour crisis support telephone line - Support and information to women, men, and children to enable them to develop and maintain a healthful and violent-free lifestyle - Individual and group counselling for women, men, and children - Outreach services to women, men, and children - Referral and follow-up to other social services programs - Community education in family violence intervention, treatment, and prevention 	<p><u>24hr help line:</u> 902-893-8483 or <u>Toll free:</u> 1-800-565-4741</p>

FINDING WORK – free unless specified otherwise

Truro		
TREES: Training Recovery Empowerment and Employment	<ul style="list-style-type: none"> - Employment program that helps to develop resumes, cover letters, interview skills, and other employment readiness skills. - Program also assists people with a mental illness to develop vocational skills through training 	<p><u>Dial:</u> 902-890-2710 <u>Address:</u> 557 Prince Street, Truro</p> <p><u>Employment Counsellor:</u> Lynn MacDonald</p>
Futureworx	<ul style="list-style-type: none"> -Personal development workshop series -Essential skills/academic upgrading -Work placements -Job search assistance, and employment workshops -Vocational programs include= Hospitality/food service, continuing care assistant training program 	<p><u>Dial:</u> 902-843-4290 Head Office, 902-895-2837 Work Centre <u>Address:</u> Head Office: 14 Court Street Suite 305 Truro Work Centre: 80 Glenwood Drive, Truro</p> <p>Satellite Training- Dartmouth 800 Windmill Road, Suite 122 902-481-9296</p>

EMPLOYERS IN HALIFAX WHO HIRE CRIMINALIZED EMPLOYEES

Employer	Specific Location	CRC Required	Requirements / Considerations	Telephone	Email
Darrell's Restaurant	5576 Fenwick Street, Hfx	No	Do not require a check. A criminal record would not necessarily prevent them from being hired but they would have questions about the charges.	902-492-2349	
The Italian Market	6061 Young Street, Hfx	No		902-455-6124	
Trinity Maintenance Solutions	102 Macgregor Av, Stellarton	No		902-396-4333	
Canada's Best Merchandising Services	501 Rowntree Rd, Unit 5	No	Stated they may question the record. Do not conduct a criminal record check. But would have a problem with past convictions involving violence, interpersonal issues, and theft.	902-264-0917	
Reliable Fuels	1381 Beaver Bank Road, Beaver Bank	No		902-864-2061	
Delta Halifax	1990 Barrington Street, Hfx	No	Require disclosure of convictions for which a pardon has not been granted. Do not require a criminal record check for maintenance positions but do require disclosure of convictions for which a pardon has not been granted. Would depend on conviction with theft being a problem	902-425-6700	
Wendy's	3580 Kempt Road, Hfx	No	Encourage employee to bring fourth information during interview. Do not require a criminal record check.	902-455-6065	
Linen Chest	187 Chain Lake Drive, Bayers Lake	No		902-876-0102	
Tim Hortons	171 Herring Cove Rd, Hfx	No		902-475-3165	
Leon's Warehouse	140 Akerley Boulevard, Dartmouth	No	Do not require a criminal record check	902-468-5201	
The Mongolie Grill	1645 Granville Street, Halifax	No		902-406-4004	
Good Air Ventilation Systems Inc.	5571 Cunard Street, Hfx	No	Do not require a criminal record check	902-406-4822	
Alpha Safety Management Inc.	1220 Sackville Dr, Sackville	No		902-830-6824	
Coastal Inn Dartmouth	379 Windmill Rd, Dartmouth	No		1-800-565-1565	
Floors Plus Commercial - Dartmouth, NS (Warehouse Person)	Sterns Court, Dartmouth, NS B3B 1W7	No	Do not require a criminal record check.	902-468-3111 (Pat Gibson)	
Floors Plus		No	Do not typically do checks. Would be open to hiring someone with a record but would depend on the circumstance (job and offence, would definitely not want to hire some convicted of sex offences against children or murder.	902-468-3111	
Lambie Construction	295 Lacewood Dr, Halifax	No	Do not require a criminal record check.	902-292-5245	
Dalhousie University (Facilities Management)		No	Do not require criminal record checks for jobs in facilities management with the exception of security jobs.	902-494-2211	careers@dal.ca
NSCC	5685 Leeds Street, Halifax	No	Have hired people with criminal records in the past. The application is done through Career Beacon and there is a question regarding having previous criminal convictions. Will check references	1-866-679-6722	
Property Works Landscaping (Foreman/woman, grounds keeping)	Fall River, N.S.	No	Do not require a criminal record check. As long they are honest it's fine unless it's anything to do with children and/or sexual assault. Okay with petty theft.	902 483-3655	propertyworks@eastlink.ca
Fastenal (Industrial supplies salesperson)	41 Raddall Ave, Dartmouth	No	Do not require a criminal record check. Are okay with hiring someone with a criminal record. Said they don't discriminate.	902-468-9341	

Kent	225 Chain Lake Drive, Bayers Lake, Halifax	No	Dependant on position. If previously convicted of cash theft they would not put employee in cash handling position* Do not require a criminal record check. Do ask on application whether they have been convicted of an offence for which a pardon hasn't been granted. Criminal record does not factor in to whether they are employed, may be relevant depending on which position they are applying for (ex. convicted of robbery, couldn't work on cash).	902-450-2000	
Newman Electric	40 Gloster Ct, Dartmouth	No		902-453-1616	
Atlantic Digital Reproductions Inc.	77 Burbridge Ave, Dartmouth	No	Will not hire employee with theft conviction	902-423-4466	
Carmichael Engineering Ltd.	10 Morris Dr, Dartmouth	No	Do not require a criminal check unless requested by specific customer.	902-468-9837	
Alscott Air Systems Ltd.	120 Joseph Zatzman Dr, Dartmouth	No	Dependant on conviction / position. Do not require a check. Hiring would depend on the conviction and position.	902-468-7080	
Canadian Tire	6203 Quinpool Rd, Halifax	No		902-422-4922	
Maritime Demolition	46 Fielding Av, Dartmouth	No	No record check but expect to be told about convictions. Depends on the job.	902-468-1263	
Canadian Linen	41 Thornhill Drive, Dartmouth	No	Do not require a check. Fine with hiring something with a record, depends on the job.	902-468-7520	
Atlantic Pro Painting	42 Wexford Rd, Dartmouth	No	No check required. Depends on convictions.	Metro Area: 902-452-4954	info@atlanticpropainting.ca
Sobeys	287 Lacewood Drive, Halifax	No		902-457-2102	
CTS Container & Trailer Services Ltd.	33 Macdonald Ave, Dartmouth	No	Conduct drug tests	902-468-1960	
Curtis Agencies	67 Crane Lake Drive, Halifax	No	Dependant on conviction / position	902-453-4030	
Eastern Traffic Services	927 Rocky Lake Dr, Bedford	No		902-835-3381	
Canadian Tire	30 Lamont Terrace, Dartmouth	No		902-434-2823	
Metro Gutter	610 Wright Ave, Dartmouth	No	Would inquire about theft conviction	902-468-5125	
Henry's Dartmouth	51 Gale Terrace, Unit 1J, Dartmouth Crossing	No	Do not conduct checks but reserve the right to do them if they choose (in contract signed once hired) May randomly conduct after hired	1-800-461-7960 (Head office) 902-481-2213	
G&K Services	33 Lakeside Park Drive #1, Lakeside, NS B3T 1M4	Yes	Yes for route jobs. (Jeff Lydel for more info), No for production	902-455-9748 (Laura Byers)	
Sobeys	38 George Street, New Glasgow	No		902-755-9777	
Blue Ocean Contact Centers	7051 Bayers Road, Suite 400, Halifax	Yes	Do require a criminal record check but will hire people with a criminal record. Case by case basis, worth applying. Dependant on conviction / position	902-722-3300	
Couche-tard/Circle K	2499 Robie Street, Halifax	Yes	Dependant on conviction / position	902-492-4711	
Goodlife Fitness	1903 Barrington Street, Halifax	No		902-492-9289	
Pete's Frootique	1595 Bedford Hwy, Bedford 1515 Dresden Row, Halifax	No	Pete's does not conduct a CRC	Bed: 902-835-4997 Hfx: 902-425-5700	
Green Diamond Equipment Ltd.	270 Horseshoe Lake Dr, Halifax	Yes	Dependant on conviction(exclusive of firearms or violence) / position	902-450-0712	

Barracuda Heating	152 Holland Rd, Fletchers Lake	Yes	Dependant on conviction / position	902-576-3020	
Maritime Remediation Limited	37 Crane Lake Dr, Halifax		Dependant on conviction / position	902-876-7776	
PartSource Dartmouth	201 Wyse Road, Dartmouth	Yes	Do require a criminal record check. Division of Canadian Tire. Checks done by head office. Depends on convictions.	902-463-0460	
PartSource Halifax	3600 Strawberry Hill Street, Halifax	Yes	Do require a criminal record check. Division of Canadian Tire. Checks done by head office. Depends on convictions.	902-453-0053	
Midland Transport Limited	31 Simmonds Drive, Dartmouth, NS B3B 1R4	Yes	Driver/Courier: Require clean driver's abstract. Require record check.	902-494-5555	
Dartmouth Sportsplex (Janitorial and Event Staff Positions)	110 Wyse Road, Dartmouth	Yes	Do require a criminal record check and child abuse registry check. Depends on convictions.	902-464-2600	
Seaboard Transport Dartmouth (Dispatch)	721 Wilkinson Ave, Dartmouth	Yes	DO REQUIRE FOR DRIVERS ONLY	Phone: 1-902-468-4447 ext 1800	Email: kparker@seaboard.acl.ca
Dura-Tech Industrial & Marine Limited (Fibreglass laminator)	206 Ross Road, Westphal	Yes	Do require a check. Employees must obtain Canadian clearance through Ottawa and Nato clearance. Controlled goods program. Would consider hiring someone with a record, would depend on the offence.	902-462-8265	
PCL Constructors Canada Inc. (Construction Jobs)	Halifax, Buildings & Civil Construction 111 Ilsley Avenue Ste 300 Dartmouth	No	Do not require. May be required for certain jobs for certain government agencies (defense Canada). It would depend on the offence whether or not they would be hired.	902-481-8500	
Progressive Cabinets & Millwork Ltd	7 Moore Road, Burnside Dartmouth	No	Do not require check for plant/labor related jobs. Would require for the office.	902-481-0059	
Canadian Tire Lower Sackville	796 Sackville Dr. Lwr. Sackville	Yes	Do require a criminal check for certain positions (ex. Cashiers who do the deposits). Theft would be an issue but other prior offences (ex. violence, drugs) that have nothing to do with the job may be acceptable. Have hired people with criminal records.	902-864-3152	
Surplus Furniture Mattress Warehouse	21 Akerley Blvd, Darmouth	Yes	Dependant on conviction / position	902-481-9105	
Big Eric Inc.	171 John Savage Ave, Darmouth	Yes	Dependant on conviction / position	902-454-9384	
ADP	130 Eileen Stubbs Av, Dartmouth	Yes	Dependant on conviction / position	1-800-668-8441	
Hefler Forest Products	230 Lucasville Road, Middle Sackville, NS B4B 1S1	No	Do not criminal record check for employees. Does not discriminate, convictions will determine which role they are placed in. Hires lots of people with criminal records.	902-865-1158	
Minacs	--	Yes	Do require a criminal record check. Will only accept DUI convictions.	Darlene 428-9936	
DSC Safety Services	---		Depends on position. Vulnerable sector check for all employees. Will hire those with a record, unsure if they require a record check.	902-404-5427	
Graybar Canada Halifax (Warehouse Support)	3600 Joseph Howe Drive	Yes	Do require a check. Depends on conviction and position.	902-457-8700 (Branch Manager)	kgrasby@graybarcanada.com
Abell Pest Control	48 Trident Cres. Dartmouth	Yes	Require clean driving and criminal record	1-888-560-2056	
Farnell Packaging	30 Ilsley Av, Dartmouth, NS B3B 1L3,	Yes		902-468-9378	
Pat Mccarthy Renovations	13 Ashdale Ave, Halifax	No	Do not require a check but would have a problem with any type of criminal record if they became aware of it	902-406-3368	
Park Place Hotel and Conference Centre (Ramada)	240 Bronlow Av. Dartmouth, Nova Scotia, B3B 1X6		Would depend on position but says they have not hired people with a record in the past	902-468-8888	
Air Sys Engineering Ltd.	10 Akerley Boulevard, Suite 4, Dartmouth	No	Do Not Require a Check (Still want disclosure of record/Depends on Conviction and circumstance)	902-468-7618	

Reliable Fuels (Fuel Oil Truck Driver)	1381 Beaver Bank Rd. Beaver Bank		Do not require a criminal record check	902-864-0539	
Alpha Safety Management Inc.	1220 Sackville Drive	No	Do not require record check. No problem with employees having a record.	902-830-6824	
Coastal Inn Dartmouth	379 Windmill Road, Dartmouth, NS	No	Do not require a criminal record check	1 -800-565-1565	
S and S Construction Ltd (Framing Carpenter)	---	No	Do not require a criminal record check.	902-488-9661	
Newman Electric	40 Gloster Crescent Dartmouth	No	Do not require a criminal record check. Hiring would depend on multiple factors, not just a criminal record.	902-453-1616	
Atlantic Digital Reproductions Inc.	77 Burbridge Ave, Dartmouth	No	Do not require a criminal record check. Would not want to hire someone convicted of theft.	902-423-4466	
Sobeys Lacewood Drive	287 Lacewood Dr, Halifax	No	Do not require a criminal record check	902-457-2102	
CTS Container & Trailer Services Ltd., Dartmouth, NS	33 Macdonald Ave, Dartmouth	No	Do not require a record check. Do conduct drug tests.	902-468-1960	
Bartel Fine Home Building Inc.	Halifax, Nova Scotia	No	No check required. Depends on circumstance.	902-497-6117	
Casey Metro (Admin)	89 Mann St, Bedford, NS B4A 2W4	Yes	Required for truck drivers but not for other positions.	902-835-4823 (Maria)	
Canadian Tire Dartmouth	30 Lamont Terrace, Dartmouth	No	No check required except for an office position (record and credit check)		
Metro Gutter	Mail : 610 Wright Avenue, Suite 300	No	Do not require a criminal record check. No problem hiring someone with a record and will not ask about it. May be concerned about a theft conviction.	902-468-5125	admin@metrogutter.ca er.caadmin@metrogutter.ca
Karen's Recycling	807 Main Street, Westphal, NS B2W 3W7	No	No check required.	902-435-7811	
Kempt Screen Golf	3199 Connaught Avenue, Halifax, B3L3A9		Depends on the circumstance, worth applying	902-292-0077	sywkempt@gmail.com
Green Diamond Equipment Ltd	270 Horseshoe Lake Drive, Halifax	Yes	Do require a criminal record. Would still consider applicants with a record depending on convictions. Would not consider convictions involving firearms or violent crime.	902-450-0712 (Ask for Bryson)	
Hercules SLR Group of Companies	520 Windmill Road		Do require a criminal record check.	HR: 902-482-3125 (Stu Palliser)	spalliser@herculesslr.com
Petsmart Bedford	181 Damascus Rd, Bedford	Yes	Do require a criminal record check.	902-466-6461	
Coast Assembly and Installations	6656 Chisholm Avenue, Halifax	Yes	Do require a check. Wouldn't hire for assault or theft convictions.	902-329-3224	eastcoastassembly@outlook.com
Claddagh Cleaners Ltd. (Drycleaners) Don Schelew locations and partner locations	3540 Kempt Road, Halifax	Yes	Do require a criminal record check.(Could not get any other details)	902-453-5558	
Eastern Traffic Services	927 Rocky Lake Dr, Bedford		Depends on position. No check for traffic control. Would conduct for driving positions and also require a driver's abstract. Depends on conviction.	902 835-5272	