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| Legal services **Legal Info Nova Scotia**  PO Box 3103  Tantallon, Nova Scotia  B3Z 4G9  <http://www.legalinfo.org/>  1-800-665-9779    **Nova Scotia Legal Aid**  <http://www.nslegalaid.ca/>  Annapolis Royal – 902-532-2311  Kentville – 902-679-6110 Family Resource Centres **Family Matters Annapolis County Family Resource Center**  <http://family-matters.ca/>  902-584-2210    **Kings County Family Resource Centre**  <http://www.kcfrc.ca/>  902-678-5760 Local Food Banks **Feed Nova Scotia Help Line**  <https://www.feednovascotia.ca/find-food>  902-457-1900  [communications@feednovascotia.ca](mailto:communications@feednovascotia.ca)  **Annapolis Royal and Area Food Bank**  143 Ritchie Street  Annapolis Royal  902-532-5572    **Berwick Food Bank**  100 South Street, Unit 22B  Berwick  902-538-1996 |  | Local Food Banks con’t **Bridgetown & Area Food Bank**  7 Queen Street  Bridgetown  902-665-2858  **Canning & Area Food Bank**  1000 Seminary Ave  Canning  902-582-3886    **Fundy Interchurch Food Bank**  50 Belcher Street  Kentville  902-679-622  **Upper Room Food Bank Association**  669 Main Street  Kingston  902-765-0303    **Weymouth Area Food Bank**  19 Victoria Avenue  Weymouth  902-837-7834  **Windsor & District Food Bank**  10 Sanford Drive  Windsor  902-798-4313    **Wolfville Area Food Bank**  Wolfville Baptist Church  487 Main Street  902-542-0040 |  | A close-up of a logo  Description automatically generated  Community Resources  Updated Jan 2024  This is a list of Community Resources in and around the area of Annapolis and Kings Counties. Please note this is not an exhaustive list of resources.  We appreciate it if you see a broken link or an incorrect phone number to let us know and we will update the information provided. Some listings may not reside in our direct area but are included as they may be helpful.  **Contact Us**  [**redspruce@acadiau.ca**](mailto:redspruce@acadiau.ca)  Willet House  38 Crowell Drive  Acadia University  Wolfville, NS  B4P 2R6 |

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| E-Mental Health Tools **Good2Talk Nova Scotia:** 1-833-292.3698 or text **GOOD2TALKNS** to 686868  Free, confidential, helpline providing professional counselling, information and referrals for mental health, addictions and well-being to post-secondary students in Nova Scotia  **Therapy Assistance Online (TAO)**  TAO is a digital platform of tools and educational materials to help you understand and change your thought patterns. <https://www.taoconnect.org/what_is_tao/ns/>  **Togetherall**  Togetherall’s online peer-to-peer community is clinically moderated by registered mental health practioners and offers a safe and anonymous place to express their thoughts, concerns, and triumphs 24/7.  <https://account.v2.togetherall.com/register/area>  **BounceBack**  A free skill-building program from the Canadian Mental Health Association (CMHA) designed to help adults and youth 15+ manage low mood, mild to moderate depression, anxiety, stress or worry.  <https://cmha.ca/bounce-back/>  **Wellness Together Canada**  A free resource to all Canadians for Mental Health and Addictions support.  <https://www.wellnesstogether.ca/en-ca/>  Need help now? Text WELLNESS to 741741 African Nova Scotian Services **Office of African Nova Scotian Affairs**  PO Box 456, STN Central Halifax, NS B3J 2R5  <https://ansa.novascotia.ca/contact>  **Black Wellness Cooperative NS**  The Black Wellness Cooperative is a collective of health, wellness and fitness professionals who believe passionately that health is of utmost importance and every individual should be afforded this right.  <https://www.bwcns.ca/>  **Nova Scotia Brotherhood Initiative**  Nova Scotia Brotherhood Initiative is a free program for Black men to access health care in the community to improve overall health and wellbeing. A team of health care professionals provide culturally appropriate primary medical care plus health and wellness services for men of African descent across Halifax Regional Municipality.  902-434-0824  [nsbrotherhood@nshealth.ca](mailto:%20nsbrotherhood@nshealth.ca)  **Black Youth Helpline**  <https://blackyouth.ca/>  1-833-294-8650 Housing, Homelessness **Shelter Movers NS**  Established in July 2019, Shelter Movers Nova Scotia (SMNS) is made up of a growing team of dedicated volunteers helping to ensure an immediate and lasting impact on survivors in the province.  <https://www.sheltermovers.com/nova-scotia/>  **The Portal Youth Outreach Association**  Our mission is to reduce the number of youth experiencing homelessness in the Annapolis Valley and prevent other youth from becoming homeless altogether.  <https://www.portalyouth.ca/>  440 Main Street Kentville  1-855-261-3773  **Inn From the Cold Shelter**  <https://openarms.ca/index.php?option=com_content&view=article&id=45&Itemid=236>  32 Cornwallis St, Kentville  902-365-3665  ​  **Shyft Shelter**  <http://www.shyft.ca/>  SHYFT provides temporary housing for up to seven youth (ages 16 - 24).  In addition to residential services, SHYFT offers programs, workshops and outreach services which include but is not limited to supportive counseling, accompaniment, washroom access, laundry, and kitchen facilities.  6 Trinity Place, Yarmouth  902-811-3111  ​  **Nova Scotia Provincial Housing Agency**  <https://nspha.ca/services>  25 Kentucky Court, New Minas 902-681-3179 Toll-free: 1-800-441-0447 |  | MENTAL HEALTH **Suicide Crisis Helpline**  A safe space to talk, 24 hours a day, every day of the year.  <https://988.ca/>  Call 9-8-8  Text 9-8-8  **NS Mental Health and Addictions Crisis Line**  Provincial Crisis Line is available 24/7 for anyone experiencing a mental health crisis or anyone concerned about someone's mental health  <https://mha.nshealth.ca/en/services/provincial-mental-health-and-addictions-crisis-line>  902-429-8167 or 1-888-429-8167 (toll free)  **NS Mental Health and Addictions Intake Services**  Call this number if you are looking for Mental Health resources in your area.  1-855-922-1122  **211**  211 is a free, confidential information and referral service that can connect you to thousands of programs and services offered by local community groups, nonprofits, and government departments across Nova Scotia, 24/7. NS ONLINE medical services **Maple**  See a doctor online in NS today. All online doctors in NS are accepting consultations for new patients. Connect with doctors online in Nova Scotia, 24/7.  <https://www.getmaple.ca/regions/nova-scotia/> LGTBQ2SIA++ Services **The Valley Youth Project**  The Valley Youth Project is an Annapolis Valley-based non-profit organization run by local adult volunteers, who are all members of the 2SLGTBQ+ community. They facilitate twice-monthly drop-ins, with time for discussion and activities. They also provide workshops for youth and adults.  <https://valleyyouthproject.wordpress.com/>  **The Youth Project**  Provides support and services to youth, 25 and under, around issues of sexual orientation and gender identity.  <https://youthproject.ns.ca/>  **Trans Lifeline**  Provides peer support by trans people for trans and questioning callers. Crisis and other supports and resources are provided in both English and Spanish from 10:00 am to 4:00 am EST. 1-877-330-6366  **Pflag Canada**  At Pflag we help 2SLGBTQ+ people & loved ones connect with resources & find a supportive community. We are a family for all. In communities across the country, the Pflag Canada network provides peer support, education and advocacy for a Canada that affirms respects and values all sexualities, genders, and gender expressions.  <https://pflagcanada.ca/>  **YMCA of Greater Halifax/Dartmouth**  The Youth 2SLGBTQIA+ Newcomer Program at the YMCA Center of Immigrant Programs supports young newcomers who identify as LGTBQIA+. The program supports clients who face barriers to accessing and navigating systems of services. In-person and one-on-one sessions are provided anonymously.  <https://www.yishfx.ca/2slgbtqia> Women’s Centres **Tri-County Women's Centre**  Operates 1 main office in Yarmouth and 2 satellite offices in Shelburne and Digby  <https://www.tricountywomenscentre.org/>  1-877-742-0085  **Second Story Women's Centre**  Lunenburg  <https://www.secondstory.ca/>  1-902-640-3044 Transition Houses **Chrysalis House**  <https://www.chrysalishouseassociation.org/> 902-679-1922  Toll free 1-800-264-8682  **Juniper House**  [www.juniperhouse.ca](http://www.juniperhouse.ca)  24 Hour Line: 1-800-266-4087  902-742-8689  To find the nearest shelter to you, please go to: <http://thans.ca/get-help/find-a-shelter/> Harrassment & Sexual Assault Supports **Avalon Centre**  <https://avaloncentre.ca/>  902-422-4240  Call (902) 817-3821 to make an appointment, or email [info@avaloncentre.ca](mailto:info@avaloncentre.ca),  1526 Dresden Row, Suite 401, Halifax  **Sexual Assault Nurse Examiner (SANE) Program**  1-833-577-SANE (7263) |  | Indigenous Services **First Nations and Inuit Hope for Wellness Helpline**  1-855-242-3310  **National Indian Residential Schools Crisis Line**  This national service provides support to former Residential School students in crisis 24 hours a day, 7 days a week.  Support is provided by trained crisis counsellors, many of whom are Indigenous.  1-866-925-4419  **Acadia First Nations Community Health Centres**  Acadia First Nations Health mission is to provide health programs and services to: "Assist communities and its members to achieve physical, mental, emotional and spiritual health through health promotion, traditional teachings, education, disease prevention activities, partnerships and health services”.  <https://acadiafirstnation.ca/health.html>  Yarmouth Health Centre  [**902-742-4337**](tel:+9027424337)  10534 Hwy #3 Yarmouth  Gold River Health Centre  [**902-627-1245**](tel:+9026271245)  311 Beech Hill Road Chester Basin  **Annapolis Valley First Nation Health Centre**  The Annapolis Valley First Nation Health Centre is made up of a Community Health Nurse, NADACA prevention Counselor, Community Based Water Monitor, and a receptionist.  <https://www.avfn.ca/health-centre/>  [**902-538-1444**](tel:+9025381444)  640 Ratchford Rd Cambridge Newcomer Services [**YMCA of Greater Halifax/Dartmouth YMCA Centre for Immigrant Programs**](https://www.ymcahfx.ca/immigrant-programs/)  [49 Cornwallis Street](http://maps.google.com/maps?q=49%20Cornwallis%20Street%20Kentville%20Nova%20Scotia%20Canada) Kentville, Nova Scotia B4N 2E3 Canada 902-457-9622 [yis@halifax.ymca.ca](mailto:yis@halifax.ymca.caa)  [**Immigrant Services Association of Nova Scotia (ISANS)**](http://www.isans.ca/)  [6960 Mumford Road, Suite 2120](http://maps.google.com/maps?q=6960%20Mumford%20Road%2C%20Suite%202120%20Halifax%20Nova%20Scotia%20Canada) Halifax, Nova Scotia B3L 4P1 Canada 902-423-3607 [info@isans.ca](mailto:info@isans.ca%20a) seniors **Seniors' Safety Program** Annapolis County  902-665-4481  [Sharon.elliott@rcmp-grc.gc.ca](mailto:Sharon.elliott@rcmp-grc.gc.ca)  Kings County  <https://www.kingsseniorsafety.org>  902-670-0725  [trishecolman@kingsseniorsafety.org](mailto:trishecolman@kingsseniorsafety.org)  **Senior Abuse Line/**  **Adult Protection Services**  1-800-225-7225    **Seniors’ Housing**  **Nova Scotia Provincial Housing Agency**  <https://nspha.ca/services/housing-for-seniors>  25 Kentucky Court, New Minas 902-681-3179 Toll-free: 1-800-441-0447 Employment Services **Nova Scotia Works – Valley Offices**  <https://novascotiaworks.ca/nsdc/contact-us> government services **Department of Community Services**  <https://novascotia.ca/coms/>  Annapolis District Office – 902-532-2337 Digby District Office – 902-245-5811  Middleton District Office – 902-825-3481  Kings District Office – 902-678-6176    **Nova Scotia Student Assistance**  <http://studentloans.ednet.ns.ca/>  1-800-565-8420    **Canada Pension/Old Age Security/Guaranteed Income Supplement**  <https://www.canada.ca/en/services/benefits/publicpensions.html>    **Canada Child Benefit (CCB)**  <https://www.canada.ca/en/revenue-agency/services/child-family-benefits/canada-child-benefit-overview.html#nt>  1-800-387-1193    **GST/HST Credit**  <https://www.canada.ca/en/revenue-agency/services/child-family-benefits/goods-services-tax-harmonized-sales-tax-gst-hst-credit.html>    **Revenue Canada Individual Income Tax Inquiries**  <http://www.cra-arc.gc.ca/menu-eng.html>  1-800-959-8281    **NS Maintenance Enforcement Program**  <https://mep.novascotia.ca/>  1-855-322-0934 |