

The Cumberland County Helping Tree

Abuse/Violence Harassment/ Threats	Addictions/ Alcohol/Drugs Gambling	Disabilities	Early Learning/ Children	Education/ Upgrading	Employment	Homelessness/ Housing	Legal	Mental and Emotional Health	Parenting/ Prenatal	Physical Health	Unplanned Pregnancies Birth Control/Sexuality STD/HIV/AIDS
Autumn House 667-1344 New Directions 667-4500	Addiction Serv. Amherst 667-7094	Cumberland African Nova Scotian Assoc. (CANSA) 661-1509	Maggie's Place Family Resource Centre 667-7250	Cumberland Regional Library 667-2135	Career Resource Center 667-3638	Over 16 - DCS Under 16 - FCS 667-3336	Amherst Court House 667-2256	Cumberland Mental Health Services 667-3879	Public Health 667-3319	Emergencies Call 911	Sexual Health Centre 667-7500
Police Call 911 Amherst 667-8600 Springhill 597-3779	Detox Springhill 597-8647	Bridge Workshop Amherst 667-8433	Marion MacLeod Head Start Program 597-2420	Cumberland Adult Network for Upgrading (CANU) 661-0153	Service Canada 661-6619	Housing Authority 667-8757	Legal Aid 667-7544	Family Help Line 1-866-470-7111	Cumberland Early Intervention 667-8244	Public Health 667-3319	Northern Aids Coalition (local committee) 1-902-895-0931
RCMP Call 911 Amh 667-3859 Parrs 254-2424 Pug 243-2181 Oxf 447-2525	12 Step Program AA 667-7098	Dept. of Community Services 667-3336	Parrsboro Head Start Program 254-2983	Amherst Adult High School 661-2482	Nova Scotia Community College Cumberland 597-3737	Autumn House 667-1344 Crisis Line 667-1200	Cumberland Community Alternatives Society Restorative Justice 667-4414	Family and Youth Navigator (Maggie's Place) 667-7250	Parenting Journey 667-8244	Victorian Order of Nurses (VON) 667-8796	PFLAG 1-506-536-4245 (Sackville)
Family & Child- ren's Services 667-3336	Problem Gambling Help Line 1-888-347-8888	GOVRC Workshop Springhill 597-3158	YMCA Early Childhood Learning Ctr 660-3012	Nova Scotia Community College Cumberland 597-3737	Cumberland African Nova Scotian Assoc. (CANSA) 661-1509	Food Bank 661-0677	Probation Services 667-7278	Cumberland Ministerial Association 661-1063	NSCC Childhood Support Center 597-4406	Continuing Care & Adult Protection 1-800-225-7225	Public Health 667-3319
Victim's Serv. 1-800-565-7912 Kid's Help Line 1-800-668-6868	Narcotics Anonymous 1-800-205-8402	Sunset Residential Center Pugwash 243-2571	YMCA Preschool Amh 667-9112 Oxf 447-2917 Pug 243-2681 Riv Heb 251-2047	Cumberland African Nova Scotian Assoc. (CANSA) 661-1509	Alpha Center 661-0756	St. Vincent de Paul 661-0433 Salvation Army 667-5882	Private Counselling NS Psychologists 1-902-422-9183 NS Social Workers 1-902-429-7799	Family Help Program 1-866-470-7111	Recreation Departments Amherst 667-6500 Springhill 763-3011 Oxford 447-2798	Aids Coalition of Nova Scotia 1-800-566-2437	
	Smokers Help Line 1-877-513-5333	Adult Protection & Continuing Care 1-800-225-7225	Amherst Preschool 667-7731	Chignecto Central Regional School Board 1-800-770-0008		Continuing Care & Adult Protection 1-800-225-7225		Maggie's Place Family Resource Centre 667-7250	Red Cross 667-8794	Cumberland Pride Society 661-1874	
Teen/Youth Health Centres: Amherst 661-2383 Springhill 597-4253 KIDS Help Line 1-800-866-6868	Main Line Needle Exchange 1-877-904-4555	Cumberland Early Intervention 667-8244	Bright Beginnings 667-7857	Alpha Center 661-0756				Cumberland Child Advocacy Association www.cumberland child.ca			

Regular Health Inquiries:
 Contact your family doctor. Numbers are listed in the Yellow Pages.
 Nurse Practitioner Offices:
 Advocate: 392-2734 Oxford: 447-3078
 Parrsboro 254-3760 River Hebert: 251-2260
 Pugwash: 243-3350 Springhill: 597-2374
In an emergency, always call 911

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12 Step Program AA - provides a support program for people with alcoholism interested in a mutual aid.

Amherst Adult High School (AAHS) - provides learners with an academic Nova Scotia High School Graduation Diploma. Learners must be 18 years & out of school 1 year. Free tuition.

Addiction Services - community based offices offering individual and group counseling for people affected by their own, or someone else's addiction to alcohol, drugs or gambling. We also offer prevention programming for the community.

AIDS Coalition of Nova Scotia - HIV education and prevention initiatives in Nova Scotia - promoting a community response to HIV/AIDS, advocacy and education.

Alpha Center - Delivers outreach programs and services such as affordable housing, food/clothing, youth programs, educational programs and skill development to benefit marginalized individuals.

Amherst Preschool - preparing children for school socially, emotionally and intellectually. Providing structure and focusing on listening and language skills.

Amherst Schools Plus - coordinates services for referred students and their families using a collaborative inter-agency approach. The goals are to improve student engagement and school success, ensure timely access to services and prevent difficulties by proactively supporting students and families.

Autumn House - shelter for abused women and their families. Individual and group counseling for women are offered as well as support for children witnessing domestic violence. New Directions is counseling for men.

Bright Beginnings Child Care Centre - we offer subsidized child care for children between the ages of 18 months and 8 years of age. Full and part time spaces are available.

Bridge Workshop - located in Amherst, vocational day program for mentally challenged adults.

Career Resource Centre - employment assistance service providing information and technology to unemployed and the underemployed. Assisting individuals with their job search, career change or education research.

Chignecto Central Regional School Board (CCRSB) - a local contact for any issue regarding a Cumberland County school from grades Primary through 12.

Cobequid Housing Authority - provides safe, affordable housing to senior citizens (58+ years) and low income families throughout Cumberland and Colchester counties.

Continuing Care & Adult Protection - assists in accessing home care, long term care (nursing homes or residential care facilities) and adult protection services - also protection for vulnerable adults (ages 16+)

Cumberland Adult Network for Upgrading (CANU) - provides adult learners (19 years & older) an opportunity to improve their skill level to work towards a grade 12 diploma or write the GED. Tuition is free.

Cumberland African Nova Scotian Association (CANSA) - employment & counseling services for persons facing barriers to employment. CANSA targets all citizens with special emphasis on African Nova Scotians, persons with disabilities & youth.

Cumberland Child Advocacy Association - serves as a link between the community & DCS and collectively between citizens & the Minister of Community Services.

Cumberland Community Alternatives Society - volunteer organization providing community based services to youth and adults in conflict with the law as well as victims of crime in the county.

Cumberland Early Intervention Program - a family centered organization that serves children with special needs (birth to school entry) and their families in homes and communities. Through education, advocacy and partnership, we promote potential and build a positive view of the future.

Cumberland Ministerial Association - members of the clergy representing many churches.

Cumberland Pride Society - a non-profit group which focuses on educating and enabling the community to accept gay, lesbian, bisexual transgendered individuals. www.cumberlandpride@hotmail.com

Cumberland Regional Library - offers free public library service in Cumberland County.

Cumberland YMCA Early Learning Center - full time child-care for children ages 18 months to 5 years.

Department of Community Services (DCS) & Family and Children's Services (FCS) - provides services for children (including child protection), youth & families. Funding for children with special needs and early intervention services. Programs to support people with disabilities. Employment support and income assistance. Housing services such as home repair grants and subsidized housing options.

Detoxification - inpatient unit offers withdrawal management from substances, relapse prevention and recovery planning through the Addiction Education program.

Family and Youth Navigator - offers short-term counseling, mentoring and coaching, assistance with youth engagement and referrals to other agencies.

Family Help Program - treatment for families and children with specific childhood problems (behavior, anxiety, bedwetting, pain) in the comfort and privacy of home with support manuals, videos and a telephone coach based at the IWK.

Food Banks - provides food & support to the needy thru partnership with churches, individuals, businesses & service clubs.

GOVRC Workshop - located in Springhill, providing vocational training for mentally challenged adults ages 21 and up. **Kids Help Line** - for children & youth, a 24 hour a day, 7 days per week free and confidential service. www.kidshelpline.ca

Legal Aid Nova Scotia - staff of lawyers who provide family, criminal & youth legal services to those who qualify financially.

Maggie's Place Family Resource Centre - provides play-groups, prenatal programs, parenting programs, low cost nutritional cooking programs, childcare information and early language and learning activities. Programs are free of charge.

Mental Health Services - a community based multi-disciplinary team offering prevention and community education, assessments, counseling, referrals, family and group therapy, accessible by referral from doctors, nurse practitioners, and/or community agencies.

Narcotics Anonymous - a 12 step program for people seeking mutual aid for drug addictions.

Northern AIDS Coalition - promotes the health and well being of persons living with and affected by HIV/AIDS and assists in reducing the spread of HIV through education, support and advocacy in northern Nova Scotia.

Nova Scotia Community College - Cumberland Early Childhood Development Support Centre - offering resource and training support to early learning and childcare professionals, students, parents and the community.

Nurse Practitioners:

Advocate: 392-2734

Oxford: 447-3078

Parrsboro: 254-3760

River Hebert: 251-2260

Pugwash: 243-3350

Springhill 597-2374

Parents and Friends of Lesbians and Gays (PFLAG) - support meetings for gay, lesbian, bisexual, transgender, transsexual, two-spirit, intersex, queer or questioning (GLBTT21QQ) or those who care about someone who is.

Parenting Journey - offers support to families with children, ages 3 - 16, with parenting challenges and behavior issues.

Private Counseling Services - available by self-referral for which one pays and or by use of Employee Assistance program which is paid for by one's employer.

Probation Services - complete pre-sentence reports, temporary absence reports, re-integration leave reports, make referrals to restorative justice, community service order and fine option programs, supervise youth & adults who are serving community-based dispositions, and adult diversion program.

Problem Gambling Help Line - a 24 hour phone support service open 7 days per week. People experiencing problems with gambling can receive phone counseling, referral support and information on community services.

Public Health - a multi-disciplinary team of health promotion coordinators, nurses, nutritionists, dental hygienists, home visitors and more. Providing immunizations, home visits, breast feeding support, prenatal classes, health promotion information, support and more.

Recreation Department - provides program and grant information to families on recreation and leisure opportunities.

Red Cross - provides health care equipment short term loans. Help with house fire emergency support, First aid and water safety programs.

Salvation Army - sell clothing and household items to raise money to give back to those in need in Cumberland County.

Service Canada - brings a range of federal services together to meet individual needs and offers a range of services and benefits for all Canadians including youth, working age adults, families, employers, seniors and persons with disabilities.

Sexual Health Centre - promoting healthy sexuality across the life span. Lending library (including parent kits, menopause kits), classroom presentations, community workshops (including parenting programs, self-esteem workshops for adolescent girls), individual guidance and referrals. Free pregnancy testing and condoms.

Smoker's Help Line - people will receive support and tips for quitting smoking.

St. Vincent de Paul - may provide financial support in crisis.

Sunset Community - offers supported living options to adults also day programs and work placements.

Provincial Victim Services Program - provides information, support and assistance to victims of crime (or the spouse or relative of a victim) as the case moves through the criminal justice system, information on the criminal justice system, your court case and preparation to testify in court.

Victorian Order of Nurses (VON) - provides in home health services, nursing and home support. Foot care clinic, meals on wheels, adult respite program, safety check and advance directive veil.

YMCA Preschool - childcare program focuses on developing the whole child by providing a carefully planned, semi-structured environment.

Youth Health Centers - locations in Amherst Regional High School and Springhill Junior/Senior High School. A youth focused center to provide health support to any youth in or out of school up to 19 years of age.