

## LUNENBURG COUNTY SENIORS' SAFETY PROGRAM HELPING TREE

FELLOWSHIP & MORE	FINANCIAL	SUPPORTS & SERVICES	SEXUAL HEALTH, VIOLENCE & SEXUAL ASSAULT	HOMELESSNESS & HOUSING
Flourish Centre 902-527-7697 New Life Christian Church 902-543-3377 → <b>All Day Free Coffee - Fridays</b> St. Paul's Evangelical Lutheran Church 902-543-4106 → <b>Free Café - Wednesdays at 5:30pm</b> Calvary Crossroads Seniors Café 902-624-8253 → <b>Tea &amp; Coffee - Tuesdays 9:30-11:30am</b> Sobeys Seniors 902-543-9244 → <b>\$5 Lunch &amp; Social - Thursdays 12-2pm</b> Souls Harbour 902-530-5030 → <b>Free lunch and fellowship on Mondays, Tuesdays, Thursdays and Fridays. Now providing brown bag lunches.</b> Saint Joseph Church 902-543-2184 → <b>Free meal for those in need - Saturdays from 10am - 12pm. Pick up or delivery* *subject to availability</b> St John's Church, New Germany 902-644-2854 → <b>Free Café - Thursdays 9-11am</b>	NS COVID Relief Fund 902-422-5745 2021 Heat Fund 902-422-3435 Salvation Army 902-543-0356 St. Vincent de Paul Society 902-527-6431 For local Churches & Service Clubs 211 <b>Have you received an ambulance bill and require financial assistance to pay it?</b> Ambulance Fee Assistance Program 1-888-280-8884 <b>Income Assistance:</b> Employment Solutions Society 902-543-2479 Income Assistance 1-877-424-1177 Employment Insurance 1-800-206-7218 Canada Pension Plan 1-800-277-9914 Child Care Subsidy 1-844-804-2084 Benefits Inquiries (CTB, GST, etc.) 1-800-387-1193 Guaranteed Income Supplement 1-800-277-9914 Veterans Affairs Canada 1-866-522-2122 <b>Special Needs:</b> The Rose Fund (Cancer patient fund) 902-543-8065 <b>Scams/Fraud:</b> Canadian Anti Fraud Centre 1-888-495-8501 Better Business Bureau 1-877-663-2363	Caregivers NS 1-877-488-7390 VON Adult Day Program 902-634-7173 VON Office 902-624-1897 VON Freezer Favorites 902-624-0318 Meals on Wheels 221 Second Story Women's Centre 902-640-3044 New Germany Helping Hands 902-644-1399 MS Society 902-468-8230 Alzheimer Society of NS 1-800-611-6345 Parkinson's Society 902-943-3717 Arthritis Society 902-429-7025 Veterans Affairs Canada 1-866-522-2122 Red Cross 902-543-8565 Lunenburg County Home Support 902-543-1650 Continuing Care 1-800-225-7225 Canada Post Accommodation Program → <b>mail delivery solutions</b> 1-844-454-3009	Sexual Health Centre 902-527-2868 <b>Abuse: Report abuse to local law enforcement</b> Child Protection 902-543-4554 Adult Protection Services 1-800-225-7225 Lunenburg County Seniors' Safety 902-543-3567 <b>Sexual Assault:</b> Tri-County Women's Center 1-877-742-0085 <b>Victim Services:</b> Victim Services 1-800-565-1805 Harbour House 902-543-3999 <b>PETS</b> SHAID 902-543-4849 SPCA 1-888-703-7722 Elder Dog 1-855-336-4226 <b>Never leave your pet unattended in a parked car for any period of time.</b>	<b>Call, text, or visit 211 online to find a Food Bank near you!</b> <b>Domestic Violence Shelter:</b> Harbour House (Women/Children) 902-543-3999 <b>Efficiency NS:</b> 1-877-999-6035 → <b>Programs to make you more comfortable and save money</b> <b>Food, Furniture and Clothing:</b> Food banks and service clubs in your area 211 St. Vincent de Paul 902-527-6431 Salvation Army 902-543-0356 Feed NS (food banks/box program) 211 <b>Housing:</b> Red Cross Disaster Relief 1-800-222-9597 Western Regional Housing Authority 1-888-845-7208 Housing Support Program 902-521-5596 Housing NS 1-844-424-5110 → <b>Grants and forgivable loans</b> Residential Tenancies 1-800-670-4357 <b>Report Power Outages or Downed Lines:</b> Mahone Bay (town limits) 902-624-8327 → Afterhours 902-543-3251 Riverport (town limits) 902-766-4890 → Afterhours 902-543-2502 Lunenburg (town limits) 902-634-4410 → Afterhours 902-527-0150 Bridgewater Report to NS Power NS Power Outage Line 1-844-428-6004 <b>Red Bear Connects</b> Offers free voicemail, info, resources, referrals, and peer support. <b>902-448-4744 or 211</b> <b>FREE GROCERY DELIVERY AVAILABLE FROM THE YMCA! CALL KIM @ 902-298-1900</b>
<b>TAXES</b>		<b>TRANSPORTATION</b>	<b>SHELTERS</b>	
<b>Personal Income Tax:</b> Benefits Inquiries (CTB, GST, etc.) 1-800-387-1193 CRA Individual Tax 1-800-959-8281 Free Tax Preparation Clinics 1-855-516-4405 Tax Info Phone Service 1-800-267-6999 TTY (hearing/speech impairment) 1-800-665-0354 <b>Rebates &amp; Municipal Tax Exemption:</b> Municipality - Lunenburg 902-541-1329 Municipality - Chester 902-275-3554 Town of Mahone Bay 902-624-8327 Town of Lunenburg 902-634-4410 Town of Bridgewater 902-543-4651 Energy Rebate- Access NS 1-800-670-4357 First Time Home Buyer 1-800-670-4357 Heating Assistance Rebate 1-800-670-4357 Seniors Property Tax Rebate 1-800-670-4357	<b>SOCIAL ISOLATION &amp; LONELINESS</b> <b>Please reach out if you are feeling lonely or if you need a friend!</b> New Germany Helping Hands 902-644-1399 Northwood Get Connected 902-454-3351 Lunenburg County Seniors' Safety 902-543-3567 Red Cross Telephone Assurance 1-833-729-0144 Souls Harbour 902-530-5030 Flourish Centre 902-527-7697 Caring Call (Marilyn) 902-543-9222 The Warm Line 1-833-927-6546 South Shore Public Library 1-877-455-2548	Senior Wheels (Bridgewater) 902-543-2255 Community Wheels (Chester) 902-273-2440 On The Move (Lunenburg) 902-624-1897 Bridgewater Transit Bus 902-543-4386 Maritime Bus 1-800-575-1807 (Lunenburg County to Halifax) <b>ADDICTIONS</b> Smoking Help Line 1-877-513-5333 Gambling Help Line 1-888-347-8888 <b>Support Groups:</b> Self-Help Connection 1-844-466-2011 Alcoholics Anonymous 902-466-7077 Narcotics Anonymous 902-789-8323 Other support groups... 211 <b>Treatment Services:</b> Opioid Treatment Program (FMH) 1-855-273-7110 Mental Health & Addictions 902-543-5400	Shelter NS Central Office 902-406-3631 <b>Women's Shelters:</b> Harbour House 902-543-3999 Barry House (pet friendly) 902-422-8324 Bryony House 902-423-7183 Juniper House 1-800-266-4087 Harvest House 902-790-4560 Chrysalis House 902-679-1922 Third Place 1-800-565-4878 Adsum House 902-423-4443 <b>Men's Shelters</b> Salvation Army Centre of Hope 902-422-2363 Metro Turning Point 902-420-3282 <b>Co-ed Shelters</b> Out of the Cold 902-830-4821	

*Please – Take care of your health – Stay informed – Use proper hand hygiene – Wear a face mask – Remember physical distancing – Get vaccinated – Help others – Be kind*

## LUNENBURG COUNTY SENIORS' SAFETY PROGRAM HELPING TREE

HELP IS A CALL AWAY	COVID-19	MENTAL HEALTH, SUICIDE & COUNSELING	OTHER SUPPORTS/SERVICES	ELDER ABUSE	
 <p><b>Community Support and Services</b> (Call, text or visit online)</p> <p><b>411 - Directory Assistance</b></p> <p><b>511 - NS Road Conditions</b></p> <p><b>711 - Hearing &amp; Speech Impairment Message Relay</b></p> <p><b>811 - Non-urgent healthcare concerns, Dr. registration &amp; smoking cessation</b></p> <p><b>911 – Emergency</b></p>	<p><b>Online Information</b></p> <p><a href="https://811.novascotia.ca">https://811.novascotia.ca</a></p> <p><a href="https://novascotia.ca/coronavirus">https://novascotia.ca/coronavirus</a></p> <p><a href="https://canada.ca/coronavirus">https://canada.ca/coronavirus</a></p> <p><b>Vaccine Appointments</b> 1-833-797-7772</p> <p><b>Call 811 if you are experiencing two or more COVID-19 symptoms.</b></p>	<p>Mental Health Crisis Line 1-888-429-8167</p> <p>Crisis Text Line - text "TALK" to 686868</p> <p>Kids Help Phone 1-800-668-6868</p> <p>Canadian Suicide Prevention 1-833-456-4566</p> <p>Veterans Affairs Canada 1-866-522-2122</p> <p>MH &amp; Addictions Intake 1-855-922-1122</p> <p>Geriatric Psychiatry 902-473-7799</p>	<p><b>Nova Scotia Office of the Ombudsman</b></p> <p>Do you have a complaint about a NS Government (Provincial or Municipal) service? Or do you feel you have been treated unfairly?</p> <p>Contact NS Office of the Ombudsman. Call toll free: 1-800-670-1111</p> <p><a href="https://www.novascotia.ca/ombu/index.htm">https://www.novascotia.ca/ombu/index.htm</a></p>	<p><b>911 - Emergencies</b></p> <p><b>Call local police if your situation is not an emergency, but you suspect it may be against the law.</b></p>	
	<p>Canada Recovery Benefit 1-833-966-2099</p> <p>Government Information Line 1-833-784-4397</p> <p>24/7 Mental Health Crisis Line (Free) 1-888-429-8167</p> <p>24/7 Kids Help Phone (Free) 1-800-668-6868</p> <p>24/7 Domestic Violence (Free) 1-855-225-0220</p>	<p><b>RECREATION</b></p>		<p><b>NS Human Rights Commission</b></p> <p>Information on human rights, resources available to you, and dispute resolution is only a call or click away.</p> <p><b>Call toll free: 1-877-269-7699 or visit their website:</b></p> <p><a href="http://www.gov.ns.ca/humanrights/">www.gov.ns.ca/humanrights/</a></p>	<p>Adult Protection Services 1-800-225-7225</p> <p>Lun. Co. Seniors' Safety Prg. 902-543-3567</p> <p>Public Trustee's Office 902-424-7760</p> <p>Legal Info. Society of NS 1-800-665-9779</p> <p><a href="https://www.legalinfo.org/">https://www.legalinfo.org/</a></p>
	<p><b>LEGAL</b></p>	<p>Registry of Motor Vehicles: 1-800-670-4357</p> <p><b>Vehicle registrations (license plates) can be renewed online.</b></p> <p>Visit <a href="https://novascotia.ca/sns/rmv/">https://novascotia.ca/sns/rmv/</a> for info.</p>	<p>Municipality - Lunenburg 902-543-8181</p> <p>Municipality - Chester 902-275-3490</p> <p>Lunenburg (Town) 902-634-4410</p> <p>Mahone Bay (Town) 902-624-8327</p> <p>Bridgewater (Town) 902-543-4651</p> <p>YMCA 902-543-9622</p> <p>M.A.R.C 902-543-8181</p> <p>LCLC 902-530-4100</p> <p>Bridgewater Swimming Pool 902-543-7565</p> <p>Mahone Bay Swimming Pool 902-624-6193</p> <p>Lunenburg Swimming Pool 902-634-4499</p>		<p><b>Check with 211, your library, community centre, band or tribal council, hospital, doctor's office, community legal clinic, or social service agencies. Some communities offer a helpline that can direct you to the most appropriate service for your needs.</b></p>
	<p><b>Bridgewater Justice Centre</b> 902-543-4679</p> <p><b>Police (non-emergency)</b></p> <p>RCMP Cookville (Bridgewater) 902-527-5555</p> <p>RCMP Lilydale (Lunenburg) 902-634-8674</p> <p>RCMP Chester 902-275-3583</p> <p>Bridgewater Police 902-543-2464</p>	<p><b>COMMUNITY HEALTH &amp; WELLNESS</b></p>	<p><b>Visit <a href="#">Our Museums</a>   <a href="#">Nova Scotia Museum</a>!</b></p> <p><b>Free admission to NS Museums (July/August)</b></p> <p>Mahone Bay Settlers Museum 902-624-6263</p> <p>Fisheries Museum 902-634-4794</p> <p>Desbrisay Museum 902-543-4033</p> <p>Fort Point Museum 902-688-1632</p> <p>New Ross Farm Museum 1-877-689-2210</p> <p>Parkdale Maplewood Museum 902-644-2893</p> <p>Lahave Islands Marine 902-688-2973</p> <p>Wile Carding Mill Museum 902-543-8233</p>	<p>Second Story Women's Centre 902-640-3044</p>	
<p><b>Legal Aid &amp; Information</b></p> <p>NS Legal Aid 902-543-4658</p> <p>Dalhousie Legal Aid Services 902-423-8105</p> <p>Legal Information Society of NS 1-800-665-9779</p> <p>Free Legal Clinic (Halifax) 902-424-3690</p> <p>South Shore Community Justice 902-543-1841</p> <p>Mi'kmaq Legal Support Network 1-877-379-2042</p> <p>Ombudsman 1-800-670-1111</p>	<p>Public Health 902-543-0850</p> <p><b>Family Resource Centres</b></p> <p>Better Together 902-543-3119</p> <p>Family Support &amp; Schools Plus 902-543-1301</p> <p>New Ross 902-689-2414</p> <p>Chester &amp; Area 902-275-4347</p> <p>Hubbards Medical Centre 902-857-3335</p> <p><b>Physical Health</b></p> <p>SSRH, Walk-In/Access Clinic 902-527-5239</p> <p>Blood Collection Services 1-833-998-2722</p> <p>Our Health Centre 902-275-4414</p> <p>OHC Walk-in Clinic 902-273-2098</p> <p>Fisherman's Memorial Hospital 902-634-8801</p>	<p><b>Flourish Centre promotes healthy aging &amp; recreation for those 55+! Members &amp; volunteers welcome! 902-527-7697 #678 Lahave Street, Bridgewater</b></p>	<p><i>Lun. Co. Adult Learning Network, To find out more about adult learning opportunities (902) 543-2479, ext. 29</i></p>	<p><b>The Indian Residential Schools Crisis Line is available 24/7 for anyone experiencing pain or distress as a result of their Residential School experience.</b></p> <p><b>1-866-925-4419</b></p>	
<p><i>Voting at HOME is now available: Call the Returning Office to make an appointment or if you have any questions. 1-888-823-7630</i></p>	<p><b>Newcomers</b></p> <p>Yreach 902-543-9622</p>		<p><i>Build your skills and comfort level with technology by reaching out to, South Shore Public Library 902-543-9222 Flourish Centre 902-527-7697 Lun. Co. Seniors' Safety Prg. 902-543-3567</i></p>	<p><b>Revised: 08/04/21</b></p> <p><b>For updates, 902-543-3567 <a href="mailto:chris.acomb@bridgewaterpolice.ca">chris.acomb@bridgewaterpolice.ca</a></b></p> 	

To book a COVID vaccine appointment online: <http://www.nshealth.ca/coronavirusvaccine> or call 1-833-797-7772