

LUNENBURG COUNTY SENIORS' SAFETY PROGRAM HELPING TREE

HELP IS JUST A CALL AWAY	SOCIAL ISOLATION & LONELINESS		SUPPORTS & SERVICES		FELLOWSHIP & MORE	
<div style="text-align: center;">  <p>211 © MD</p> <p>When you don't know where to turn.™</p> </div> <p>Community Support and Services (Call, text or visit online)</p> <p>411 - Directory Assistance</p> <p>511 - NS Road Conditions</p> <p>711 - Hearing & Speech Impairment Message Relay</p> <p>811 - Non-urgent healthcare concerns, doctor registration & smoking cessation</p> <p>911 - Emergency</p> <p>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 need.</p>	<p><i>Please reach out if you are feeling lonely or if you need a friend!</i></p>		<p>Caregivers NS</p>	<p>1-877-488-7390</p>	<p>Flourish Centre</p>	<p>902-543-2226</p>
	<p>New Germany Helping Hands</p>	<p>902-644-1399</p>	<p>VON</p>	<p>902-624-1897</p>	<p>St. Paul's Lutheran Church, Bridgewater Community Café – Wednesdays at 5:30pm</p>	<p>902-212-2917</p>
	<p>Northwood: Get Connected</p>	<p>902-454-3351</p>	<p>Meals on Wheels, Bridgewater town</p>	<p>902-543-1525 ext 221</p>		
	<p>Red Cross Friendly Calls</p>	<p>1-833-729-0144</p>	<p>Meals on Wheels, Lunenburg & area</p>	<p>902-634-8513</p>	<p>Calvary Crossroads, Mahone Bay Seniors Café – Wednesdays 9:30-11:30 am</p>	<p>902-624-8253</p>
	<p>Caring Call</p>	<p>902-543-9222</p>	<p>Red Cross</p>	<p>902-543-8565</p>		
	<p>Souls Harbour</p>	<p>902-530-5030</p>	<p>Lunenburg County Home Support</p>	<p>902-543-1650</p>	<p>Soul's Harbour, Bridgewater Free Lunch weekdays 12:30 – 2:30pm (except Wednesdays)</p>	<p>902-530-5050</p>
	<p>Flourish Centre</p>	<p>902-543-2226</p>	<p>Continuing Care Nova Scotia</p>	<p>1-800-225-7225</p>		
	<p>Warm Line</p>	<p>1-833-927-6546</p>	<p>Arthritis Society</p>	<p>1-800-321-1433</p>	<p>St. John's Church, New Germany Free Café – Thursdays 9:00-11:00 am</p>	<p>902-644-2854</p>
	<p>Lunenburg County Senior's Safety</p>	<p>902-543-3567</p>	<p>Alzheimer Society of Nova Scotia</p>	<p>1-800-611-6345</p>		
<p>Contact 211, or visit the Canadian Network for the Prevention of Elder Abuse online at https://cnpea.ca/en for free information and referral service</p>	<p style="text-align: center;">Red Bear Connects Offers free voicemail, info, resources, referrals and peer support 902-448-4744 or 211</p>		<p>Parkinson Society Nova Scotia</p>	<p>902-404-0792</p>	<p style="text-align: center;"><i>Flourish Centre promotes healthy aging & recreation for those 55+! Members & volunteers welcome! 902-527-7697 #678 Lahave Street, Bridgewater</i></p>	
			<p>MS Society – Atlantic</p>	<p>1-844-859-6789</p>		
			<p>Second Story Women's Centre</p>	<p>902-640-3044</p>		

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RECREATION		SHELTERS		HOUSING		TRANSPORTATION	
Municipality - Lunenburg	902-543-8181	Shelter NS Central	902-406-3631	Domestic Violence Shelter: Harbour House 902-543-3999		Lunenburg County Wheels	902-543-2255
Municipality – Chester	902-275-3490	Women's Shelters:		Red Cross Disaster Relief	1-800-222-9597	Community Wheels, Chester	902-273-2440
Town of Lunenburg	902-634-4410	Harbour House	902-543-3999	Western Regional Housing Authority	1-888-845-7208	Bridgewater Transit Bus	902-543-4386
Town of Mahone Bay	902-624-8327	Barry House (<i>pet friendly</i>)	902-422-8324	Housing Support Program	902-521-5596	Maritime Bus	1-800-575-1807
Town of Bridgewater	902-543-4651	Bryony House	902-423-7183	Housing Nova Scotia (grants/forgivable loans)	1-844-424-5110	ADULT LEARNING	
YMCA	902-543-9622	Juniper House	1-800-266-4087	Residential Tenancies	1-800-670-4357	Lunenburg County Adult Learning Network. Call to find out more!	902-543-2479, ext: 29
Municipal Activity & Recreation Complex (MARC), Dayspring	902-543-8181	Harvest House	902-790-4560	Efficiency Nova Scotia Programs to make you more comfortable & save money!	1-877-999-6035	South Shore Public Libraries. Senior & Older Adult Digital Literacy Support	902-543-9222
		Chrysalis House	902-679-1922				
Lunenburg County Lifestyle Centre (LCLC), Bridgewater	902-530-4100	Third Place	1-800-565-4878				
CARP – Canadian Association of Retired Persons		Adsum House	902-423-4443	FOOD BANKS, FURNITURE, CLOTHING		PETS	
CARP—A New Vision of Aging is Canada's largest advocacy association for older Canadians promoting equitable access to health care, financial security, and freedom from ageism.		Men's Shelters:		Call, text, or visit 211 online to find a Food Bank near you!		SHAID TREE Animal Shelter 902-543-4849	
		Salvation Army Centre of Hope	902-422-2363	St. Vincent de Paul	902-527-6431		
		Metro Turning Point	902-420-3282	Salvation Army	902-543-0356		
		Co-Ed Shelters:				SPCA Nova Scotia	1-844-835-4798
Nova Scotia Chapter Contact: Ron Swan 902-495-8284		Out of the Cold	902-830-4821	GROCERY DELIVERY Program AVAILABLE through the YMCA! CALL @ 902-298-1900 to see if you are eligible!		Elder Dog	1-855-336-4226
		South Shore Open Doors Association (SSODA) For supports in finding housing	902-521-0994			For updates, 902-543-3567 lisa.bennett@bridgewaterpolice.ca	



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May 2023