


LUNENBURG COUNTY SENIORS' SAFETY PROGRAM HELPING TREE

HELP IS JUST A CALL AWAY	SOCIAL ISOLATION & LONELINESS		SUPPORTS & SERVICES		FELLOWSHIP & MORE	
 <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>		Caregivers NS	1-877-488-7390	Flourish Centre	902-543-2226
	New Germany Helping Hands	902-644-1399	VON	902-624-1897	St. Paul's Lutheran Church, Bridgewater Community Café – Wednesdays at 5:30pm	902-212-2917
	Northwood: Get Connected	902-454-3351	Meals on Wheels, Bridgewater town	902-543-1525 ext. 221		
	Red Cross Friendly Calls	1-833-729-0144	Meals on Wheels, Lunenburg & area	902-634-8513	Calvary Crossroads, Mahone Bay Seniors Café – Wednesdays 9:30-11:30 am	902-624-8253
	Caring Call	902-543-9222	Red Cross	902-543-8565	Soul's Harbour, Bridgewater Free Lunch weekdays 12:30 – 2:30pm (except Wednesdays)	902-530-5050
	Souls Harbour	902-530-5030	Lunenburg County Home Support	902-543-1650		
	Flourish Centre	902-543-2226	Continuing Care Nova Scotia	1-800-225-7225	St. John's Church, New Germany Free Café – Thursdays 9:00-11:00 am	902-644-2854
	Warm Line	1-833-927-6546	Arthritis Society	1-800-321-1433		
	Lunenburg County Senior's Safety	902-543-3567	Alzheimer Society of Nova Scotia	1-800-611-6345	Bridgewater Legion Bridgewater Lions Club	(902)543-3203 info@bridgewaterlegion.ca 902-543-2998
	Contact 211, or visit the Canadian Network for the Prevention of Elder Abuse online at	Red Bear Connects Offers free voicemail, info, resources, referrals and peer support		Parkinson Society Nova Scotia	902-404-0792	<i>Flourish Centre promotes healthy aging & recreation for those 55+! Members & volunteers welcome! 902-527-7697 #678 Lahave Street, Bridgewater</i>
MS Society – Atlantic				1-844-859-6789		

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https://cnpea.ca/en for free information and referral service	902-448-4744 or 211	Second Story Women's Centre	902-640-3044	
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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	902-523-4455
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	
		Men's Shelters:		Call, text, or visit 211 online to find a Food Bank near you!			
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.		Salvation Army Centre of Hope	902-422-2363	St. Vincent de Paul	902-527-6431	SHAID TREE Animal Shelter	902-543-4849
		Metro Turning Point	902-420-3282	Salvation Army	902-543-0356	SPCA Nova Scotia	1-844-835-4798
		Co-Ed Shelters:					
Nova Scotia Chapter Contact: Ron Swan		Out of the Cold	902-830-4821	GROCERY DELIVERY Program		Elder Dog	1-855-336-4226

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902-495-8284	South Shore Open Doors Association (SSODA)	902-521-0994	AVAILABLE through the YMCA! CALL @ 902-298-1900 to see if you are eligible!	For updates, 902-543-3567 lisa.bennett@bridgewaterpolice.ca
	For supports in finding housing			