

Lunenburg County
SENIORS'
Safety Program



THE HELPING TREE

Community Support & Services.....	211
Emergency.....	911
Suicide Help Line.....	988
Non-Urgent Health concerns.....	811
Hearing & Speech Impairment Relay.....	711
Directory Assistance.....	411
NS Road Conditions.....	511

Senior's Safety Program Coordinator

Lisa Bennett.....902-543-3567

Lisa.Bennett@bridgewaterpolice.ca

MENTAL HEALTH

24/7 MH Crisis line.....1-888-429-8167

27/7 Domestic Violence.....1-855-225-0220

Crisis Text – Text 'Talk' to:..... .686868

CDN Suicide Prevention.....988

Mental Health/Addictions..... 902-543-5400

Geriatric Psychiatry.....902-473-7733

ADDICTIONS

Smoking Help Line.....1-877-513-5333

Gambling Help Line.....1-888-347-8888

Opioid Treatment Program.....1-855-273-7110

SUPPORT GROUPS

Self-Help Connection.....1-844-466-2011

Alcoholics Anonymous..... 902-466-7077

Narcotics Anonymous.....902-789-8323

Lunenburg County YMCA..... 902-543-9622

LOCAL LIONS CLUBS

Bridgewater.....902-543-7415
Mahone Bay.....902-624-0904
New Germany.....902-298-9765
Chester.....902-275-1422

LOCAL LEGIONS

Bridgewater.....902 543-3203
Hubbards & Area.....902-857-9845
Lunenburg.....902-634-4215
Chester.....902-275-3315
New Germany.....902-644-2320

OTHER

Access Nova Scotia.....1-800-670-4357
Motor Vehicle.....1-800-670-4357
Service Canada.....1-800-622-6232
Natural Resources Lunenburg.....902-634-7555

POLICE NON-EMERGENCY

Bridgewater Town902-543-2464
Chester RCMP.....902-275-3583
Lunenburg RCMP.....902-634-8674
Bridgewater RCMP.....902-527-5555

SCAMS / FRAUDS

Canadian Anti Fraud Center....1-888-495-8501

POWER OUTAGES/DOWNED LINES

Bridgewater.....1-844-428-6004
Lunenburg..... 902-634-4410
 • After hours..... 902 527-0150
Mahone Bay..... 902-624-8327
 • After hours.....902-543-3251
Riverport 902-766-4890
 • After hours.....902-543-2502

TAX INFORMATION

TTY (Hearing/speech)1-800-387-1193
CRA Individual Tax.....1-800-959-8281
Free Tax Prep Clinics.....1-855-516-4405
Tax Info Phone Service.....1-800-267-6999

LEGAL AID & INFORMATION

NS Legal Aid.....902-543-4658
Dalhousie Legal Aid Services.....902-423-8105
Legal Information Society of NS...1-800-655-9779
Free Legal Clinic (HFX).....902-424-3690
SS Community Justice..... 902-543-1841
Mi'kmaq Legal Support..... ..1-877-379-2042
Public Trustee's Office.....902-424-7760
Bridgewater Justice Ctr.....902-543-4679

SEXUAL ASSAULT CENTER

Sexual Assault Center.....902-527-2868

SUPPORT & SERVICES

Caregivers NS.....1-877-488-7690
VON..... 902-624-1897
Red Cross.....902-543-8565
Continuing Care NS.....1-800-225-7225
Second Storey Women's Center.....902-640-3044
Home Support.....902-543-1650
Arthritis Society.....1-800-321-1433
Alzheimer's Society.....1-800-611-6345
Parkinson Society NS..... 902-404-0792
Red Bear Connects.....902-448-4744

MEAL PROGRAMS

Bridgewater Area.....902 543-1525 ext221
Lunenburg & Area.....902-634-8513
Grocery Delivery Program.....902-298-1900
YMCA.....902-543-9622

COMMUNITY CONNECTIONS

Community Café – Wednesdays @ 5:30pm

St. Paul's Lutheran Church, Bridgewater

Seniors Café – Wednesdays 9:30am-11:30am

Calvary Crossroads, Mahone Bay

Free Lunch – weekdays 12:30-2:30pm

Soul's Harbour, Bridgewater

Free Café – Thursdays 9am-11am

St John's Church, New Germany

Salvation Army.....902-543-0356

St Vincent de Paul.....902-527-6431

TRANSPORTATION

Bridgewater Transit.....902-543-4386

Lunenburg County Wheels....902-523-4455

Chester Wheels.....902-273-2440

Maritime Bus.....1-800-575-1807

HOUSING SUPPORT

South Shore Open Doors (SSODA) 902-521-0994

Out of the Cold..... 902-830-4821

Western Regional Housing.....1-888-845-7208

Housing Support Program..... 902-521-5596

Red Cross Disaster Relief.....1-800-222-9597

Residential Tenancies.....1-800-670-4357

Efficiency Nova Scotia.....1-877-999-6035

INCOME ASSISTANCE

Employment Solutions Society.....902-543-2479

Income Assistance.....1-877-424-1177

Canada Pension Plan.....1-800-277-9914

Benefits Inquiries.....1-800-387-1193

Guaranteed Income Supp.....1-800-277-9914

Veterans Affairs Canada.....1-866-522-2122

The Rose Fund (Cancer patient)..... 902-543-8065

NS Heat Fund..... 902-422-3435

MUNICIPAL- Agencies/Municipalities

Town of Bridgewater..... 902-543-4651
Town of Lunenburg.....902-634-4410
Town of Mahone Bay.....902-624-8327
Municipality of Lunenburg..... 902-541-1329
Municipality of Chester.....902-275-3554

REBATES

Energy Rebate/Access NS.....1-800-670-4357
Heating Assistance Rebate.....1-800-670-4357
Seniors Property Tax Rebate.....1-800-670-4357

RECREATION

YMCA.....902-543-9622
MARC (Dayspring)902-543-8181
LCLC (Bridgewater).....902-530-4100
HB Studios.....902-543-5348

ADULT LEARNING

Lunenburg County Adult Learning
• 902-543-2479. Ext 29
SS Public Library-Senior Digital Literacy Support
• 902-543-9222
Flourish Center902-572-7697

PETS

Elder Dog.....1-855-336-4226
SPCA NS..... 1-844-835-4798
SHAID Tree.....902-543-4849

SHELTERS

Shelter NS..... 902-406-3631
Harbour House..... ..902-543-3999
The Landing.....902-521-3874
Salvation Army Ctr of Hope..902-422-2363
Metro Turning Point.....902-420-3282

VICTIM SERVICES

Victim Services.....	1-800-565-1805
Harbour House.....	902-543-3999
Child Protection.....	902-543-4554
Adult Protection.....	1-800-225-7225

COMMUNITY HEALTH & WELLNESS

Public Health.....	902-543-0850
SSRH Walk-In Clinic.....	902-527-5239
SSRH.....	902-543-4603
Blood Collection Services.....	1-833-998-2722
OUR Health Center.....	902-275-4414
OHC Walk-In Clinic.....	902-273-2098
Fisherman's Hospital.....	902-634-8801
Hubbard's Medical.....	902-857-3335

“Lunenburg County is stronger when our seniors feel safe, valued and supported – their experiences and wisdom enrich our communities”

FUNDING PROVIDED BY:



Lunenburg County Seniors' Safety Program

Is a project of

Lunenburg County Senior's Safety Partnership Society

45 Exhibition Drive

Bridgewater, NS B4V 0A6

902- 543- 3567

www.bridgewaterpolice.ca

www.facebook.com/lunenburgseniorssafety

Want to volunteer in your community?

Call Lisa at LCSSP 902-543-3567 to discuss