



# CHEBUCTO CONNECTIONS

Strengthening Community in Spryfield and District



## **Community Directory 2013**

# Chebucto Connections

## Community Directory 2013

Local listings for children and youth, family and personal support, schools, churches, sports & recreational facilities, social agencies, health interests, and other organizations around eastern Chebucto Peninsula.

Chebucto Connections serves the following communities:

Armdale  
Bear Cove  
Boulderwood  
Duncans Cove  
Halibut Bay  
Harrietsfield  
Herring Cove  
Jollimore  
Fergusons Cove

Halibut Bay  
Ketch Harbour  
Melville Cove  
Portuguese Cove  
Purcells Cove  
Sambro  
Sambro Head  
Spryfield  
The Pennants  
Williamswood



CHEBUCTO  
CONNECTIONS

Strengthening Community in Spryfield and District

Chebucto Connections  
52, 16 Dentith Road, Halifax, NS, B3R 2H9  
(902) 477-0964

e-mail: [ccda.info@ns.sympatico.ca](mailto:ccda.info@ns.sympatico.ca)

Visit us on the web at [www.chebuctoconnections.ca](http://www.chebuctoconnections.ca)

**Chebucto Connections**  
***Strengthening Community in Spryfield and District***



## Emergency Numbers

Firefighter/Police/Ambulance.....DIAL 911

911 is for use in emergencies only. Call 911 when you need firefighter, police or ambulance response right away because of a threat to someone's health, safety or property.

Police General Inquiries.....490-5016

Police Non-Emergency Dispatch.....490-5020

Fire and Emergency General.....490-5530

Crime Stoppers Tips.....1-800-222-8477

You may stay anonymous when giving tips to crime stoppers.

### **Not sure who to call?**

HRM Access Line.....490-4000

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# Give Local

Most of the organizations listed in this Directory are voluntary, non-profit groups that benefit greatly from donations of your time and money. Helping them helps your community.

## Cash Donations

If you make a cash donation to organizations with Charitable Tax Status with Canada Customs and Revenue, they will give you a tax receipt that you can use on your income tax as a deduction.

For information on organizations registered with Canada Custom and Revenue, check out their website at:  
<http://www.cra-arc.gc.ca/tx/chrts/menu-eng.html>

Other organizations appreciate any financial help you can give, but they are not registered with Canada Customs and Revenue so they cannot give you a tax receipt.

# Getting Involved

Volunteers are the very heart and soul of communities. In return, people who get involved have a chance to learn new skills, make new friends, and make a difference in their community. For both youths and adults, volunteering can also help lead to employment.

There are many ways you can get involved and contribute to community life. You may discover that you:

- Like board work
- Enjoy fundraising
- Have practical skills
- Communicate well
- Enjoy website or graphic design
- Thrive on organizing
- Like to lend a hand

Your time is precious, but there is a lot of flexibility in volunteering. You can help for a day, a week, a month, a year, or even more. If you would like to support your community, contact the groups listed in this directory, or take a look at the following list. You can also check out "Getting Involved" at [www.chebuctoconnections.ca](http://www.chebuctoconnections.ca).

## Volunteer Opportunities:

### **Arborstone Enhanced Care**

Chris LeBreche

477-8051

Participate in activities, recreation, willing to visit seniors in palliative care.

### **Captain William Spry Public Library**

490-5792

Tutors for the Adult Literacy Program

Tutors for English as a Second Language Program

Tutors for Children Reading Support Program

Driver's to deliver books to house bound people

## **Boys and Girls Club of Spryfield**

477-9840

Opportunities for anyone who has a respect and desire to work with children and youth. All staff and volunteers must pass a criminal record check and child abuse registry check.

## **Chebucto Connections**

Phone: 477-0964, 477-9115

Fax: 477-8984

E-mail: [ccda.info@ns.sympatico.ca](mailto:ccda.info@ns.sympatico.ca)

Website: [www.chebuctoconnections.ca](http://www.chebuctoconnections.ca)

Youths and adults are welcome to lend a hand at Chebucto Connections.

You can help with your heart, your head, or your hands as a volunteer or on the Board through:

Public relations

Partnership building

Graphic design

Writing and speaking

Strategic planning

Fundraising

IT support

## **Chebucto West Community Health Board**

Andrea Cochrane: 487-0591

Laurie MacNeil: 487-0571

Fax: 455-3531

Seeking volunteer board members interested in community health and community development for 3 terms. Board members receive training and support dinner at evening meetings, help with childcare, and transportation.

## **Feed Nova-Scotia**

457-1900

[volunteer@feednovascotia.ca](mailto:volunteer@feednovascotia.ca)

Warehouse assistants: Volunteers must be able to lift 50 lbs

Drivers assistants

Spare drivers

Client support workers

Special events volunteers

Client registry

Spare receptionist

Whatever your skills... plumbers, carpenters, typists, accountants, professionals, etc. Any skill or profession is greatly needed.

## **Halifax Public Library**

Captain William Spry Public Library



Troy Myers  
Phone: 490-5792

Reading support volunteers for one hour a week. Please contact the library for additional opportunities.

**HEAT (Helping the Earth by Acting Together)**

A youth program with HRM's Adventure Earth Centre  
Terri Peace: 490-4520 Anyone interested in working together with this group towards 'Helping the Earth by Acting Together'" is welcome! Adults and youth aged 13 and up are considered 'equal members'.

**Home of the Guardian Angel/Chebucto Family Centre**

3 Sylvia Avenue, Halifax, NS, B3R1J7  
Executive Director 479- 3031  
Fax: 492-4547  
[www.homeoftheguardianangel.ca](http://www.homeoftheguardianangel.ca)

**Progress Centre for Early Intervention**

Phone: 423-2686 ext. 223  
Board members  
Committee action group members  
Playgroup volunteers  
Toy inventory volunteers  
Activity leaders  
Administration work  
Driving

**Ketch Harbour Area Residents Association**

Dan Welch 868-1310  
Volunteer committee members at large.

**Mainland South Heritage Society**

Leslie Harnish, president  
868-2553  
Volunteers for both big and small tasks are always welcome. Have an immediate need for Secretary.

**Meals on Wheels**

429-4299  
Ongoing need for drives and/or delivery people.

**Single Parents Centre Volunteer Opportunities**

479-3031  
Childcare      Committee members

**Theatre Arts Guild at the Pond Playhouse**

477-2663

Anyone who is interested in the production of good theatre - whether onstage or backstage, experienced or not - is invited to take part in TAG's activities.

**St. Paul's Family Resource Institute**

479-1015

Seniors activity advisory committee

Board members

Community kitchens (recipes, ideas)

Youth peer counsellor

Food bank Welcome committee

**Urban Farm Museum Society of Spryfield**

477-6087

The Urban Farm warmly welcomes everyone. Whether you want to help for an hour or two or three, there are plenty of ways to join in, including:

Gardening

Writing

Planning

Photographing

Recording

Training

Managing

Mowing

Liaising

Fundraising

Mentoring

Teaching

Presenting

Constructing

Driving

## **CAP Site Information**

CAP stands for Community Access Program. A CAP Site is a place in your community that provides public access to the latest technology including access to the internet.

### **What is available?**

Each CAP site is unique. Within the Spryfield CAP community, people have access to:

E-mail

High speed internet

Scanners & scanning

Computer training

Workshops

Software

Word processing

Workshops and training sessions are often held at various CAP sites. Each CAP site is unique - some topics include:

Introduction to computers

Resume and cover letter design

Functioning on the internet

Word processing

Business related software

Online job search

Web page design

For additional information on the Community Access Programs check out the national website:

[www.cap.ic.gc.ca](http://www.cap.ic.gc.ca)

Or the local Halifax Regional CAP Association:

[www.hrca.ns.ca](http://www.hrca.ns.ca)

## CAP Sites in the Community

### **Boys and Girls Club of Spryfield**

Phone: 477-9840

E-mail: [info@bgcspryfield.org](mailto:info@bgcspryfield.org)

### **Captain William Spry Public Library**

Phone: 490-5792

Website: [www.halifaxpubliclibraries.ca](http://www.halifaxpubliclibraries.ca)

### **Harrietsfield CAP Site**

Phone: 479-8514

Fax: 479-8514

E-mail: [hwcccap@hotmail.com](mailto:hwcccap@hotmail.com)

### **Salvation Army Family Resource Centre**

Salvation Army

328 Herring Cove Road, Halifax, NS, B3R 1V4

Phone: 477-5393

Fax: 477-0161

[cornerstone@ns.sympatico.ca](mailto:cornerstone@ns.sympatico.ca)

Halifax, NS B3R 1J6

# Notes

# Local Listings

## **3rd Spryfield (Scouts Canada)**

6232 Quinpool Road, Halifax, NS B3L 1A3

Contact for Cubs is Chris Parsons: 477 2657

Contact for Scouts is Dan Drabble: 477 2657

dan.drabble@forces.gc.ca

www.ns.scouts.ca

We are a part of Harbour West Zone and an Official Group of Scouts Canada. We run a Scout Troop and a Cub Pack Wednesday evenings from 7:00 PM until 8:30. Cubs 9-11 and Scouts 11-14 up to 16 years of age. Our Sponsor is St. Paul's United Church on the Old Sambro Road next to the 4-Way Stop. Our meetings are held downstairs in the Church Hall. Charitable receipts.

## **Addiction Prevention and Treatment Services**

300 Pleasant Street, Dartmouth, NS B2Y 3Z6

Central Information and Referral Phone line: 424-8866

Gordon Power: 477-8927 Fax: 487-0686

Toll Free: 1-866-340-6700

Stop smoking services: 424-2025

<http://www.cdha.nshealth.ca/addiction-prevention-treatment-services>

Office Hours: Mon-Fri 8:30 to 4:30

Addiction Prevention and Treatment Services (APTS) helps people make healthy lifestyle choices. We offer assistance for individuals who want to reduce their harmful involvement with - or abstain from - substances or gambling.

We help individuals think about change and support them in making healthy choices. Each person's path is different. Our staff are trained professionals who are here to offer caring and non-judgmental support along the way. Contact us to learn more about our programs and services, including:

- Individual, couple and group counseling
- Support for family members and others affected
- Acupuncture; Recreational therapy; Vocational counseling
- Acupuncture; Recreational therapy; Vocational counseling
- Workshops and educational services
- Recovery groups

- Women's treatment services
- Driving While Impaired and Interlock Programs
- Compass, a structured treatment program
- Withdrawal Management Programs (Detox) (inpatient or day)
- Methadone Maintenance Treatment Program

APTS' Central Information and Referral Phone line (above) connects individuals or service providers to our entire range of programs and services. APTS' knowledgeable and experienced staff team provides callers with the information they need or refers people to the most appropriate service.

**Adventure Earth Centre**

68 Parkhill Road, (Stone Church), Halifax, NS, B3P 1R6

Hugh MacDonald: 490-4539

Fax: 490-4509

macdonhu@halifax.ca

www.earthed.ns.ca

A division of the Halifax Regional Municipality's, Community Recreation Services, the Adventure Earth Centre has been offering quality outdoor recreation and earth education programs for children, youth and adults for over 20 years. Programs such as Winter Treasures (Grade 3), Cycle Savers (Grade 4), Mysterious Encounters Earth (Grade 5), and Vision 2020 (Grade 8) are offered directly to HRM Schools. Other programs include year round youth leadership and volunteer opportunities, summer adventure camps, youth leadership camps, environmental residential summer camps such as Sunship Earth and Explorers and outdoor skills such as hiking, wilderness navigation/map and compass, rock climbing, snowshoeing, etc.

**Al-Anon Family Groups**

230 Pleasant Street, Dartmouth, NS B2Y 3R8

Information Service: 466-7077

Toll Free: 1-888-425-2666

wso@alanon.org      www.alanon.alateen.org

Help for the adult age relatives and friends of problem drinkers. Contact is made by calling the above number.

**Ala-Teen Group**

230 Pleasant Street, Dartmouth, NS B2Y 3R8

Information Service: 466-7077

Toll Free: 1-888-425-2666

wso@alanon.org      www.alanon.alateen.org

Help for teen and pre-teen relatives and friends of problem drinkers. Contact is made by calling the above number.

### **Alcoholics Anonymous**

3 Dundas Street, Dartmouth, NS

Information Service: 461-1119

district@area82aa.org

www.area82aa.org

P.O. Box 31338, Halifax, NS B3K 5Z1

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help other to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no fees or dues for A.A. membership; they are self supporting through their own contributions. A.A. is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety. They are a 12-step group that works on a first name basis.

### **Arborstone Enhanced Care**

126 Purcell's Cove Road, Halifax, NS B3P 1B5

Chris LeBreche: 477-8051

Fax: 477-5726

Home for special care, with nursing home services and young adult unit.

Nursing care, physiotherapy, occupational therapy and music therapy.

Volunteers Needs: Participant in activities, recreation, willing to visit seniors in palliative care.

### **Atlantic Karate Club**

14 Purcell's Cove Road, Halifax, NS

Phone: 477-4639

info@atlantickarateclub.ca

<http://www.atlantickarateclub.ca/>

The Atlantic Karate Club is a non-profit organization dedicated to the preservation of the art of Chito-Ryu karate since 1969. The AKC is a traditional-based dojo, offering a full range of instruction in Chito-Ryu Karate, including Kata (Forms), Kumite (Sparring), Bunkai (Applications/Self-defence), general fitness development, flexibility training and Kobujutsu (Classical Weapon Arts).



## **Boys and Girls Club of Spryfield**

Executive Director: Darlene MacLean

Program Director: Angeline Richardson-Petley

11 Aldergrove Road (Open Door Community Church)

Phone: 477-9840

info@bgcspryfield.org

<http://bgcspryfield.org>

Captain William Spry Community Centre, 10 Kidston Road

*Board meets second Tuesday of every month; fundraising & events committee meets 3rd Tues. of every month*

After School and Day Camp programming for school aged children and youth (5-18). Providing recreation, music, fine arts, health and nutrition programs and many others.

We need volunteers for our board, fundraising committee, after school program and advertising and promotion team. Volunteer hours are flexible and range from daily, once a week, or once a month. This is a great way to give back to our most precious assets and assist us in helping to create a generation of children and youth that will be productive, respectful and reach their full potential.

Skills could range in volunteering to offer sewing, music (especially drums and base guitar), cooking, theatre or just someone who is willing to teach crafts. All skills can be used to help out. Please give us a call.

## **Calvary United Baptist Church**

91 Thornhill Drive, Halifax, NS B3R 2J4

Phone: 477-4099

Church Family School & Sunday worship 11 am, mid-week Bible Study Prayer, (Thursday 7:00 pm) Charitable receipts.

## **Captain William Spry Community Centre**

10 Kidston Road, Halifax, NS B3R 2G7

Phone: 477-7665

langlac@halifax.ca

[www.halifax.ca](http://www.halifax.ca)

The Captain William Spry Community Center is an HRM Community Recreation Center which houses the popular Wave Pool, Fitness Centre, Public Library, Birthday Party Room and several meeting and program rooms for children, youth and adult leisure activities. Opportunities for

participation in recreation programs and services, special events, meetings and training are available at this newly-renovated facility. New to our Center is a Skateboard Park, and a pedestrian bridge connecting the Centre with the Herring Cove Road. Ample free parking and a modern, air conditioned facility. Staff include the Facility Manager (479-4760), Front Desk (477-POOL), Administrative Support (479-1111 bookings/ rentals), Recreation Programmer (479-4485), Aquatic Specialist (479-4479), Fitness Centre staff (479-4645).

### **Captain William Spry Lodge**

6 Arnold Drive, Halifax, NS

Ellen Richard: 420-6050

Fax: 420-2819

Senior citizens apartments with 38 units. Call the Metropolitan Regional Housing Authority at the above number for more information.

### **Captain William Spry Wave Pool**

10 Kidston Road, Halifax, NS B3R 2J7

John Henry: 477-7665

Fax: 479-1177

[www.region.halifax.ns.ca](http://www.region.halifax.ns.ca)

Atlantic Canada's only indoor "Wave Pool", founded in part by Spryfield Lions Club. The Wave Pool has programs designed for everyone from pre-schoolers to seniors. Programs include: youth & adult swimming lesson; aqua fitness classes; day camps; birthday parties. Sixty and ninety minute wave swims daily plus many more enjoyable activities. Memberships and passes are available to save money. Located in the Captain William Spry Community Centre, the facility is just minutes from Dunbrack/Northwest Arm Drive, St Margaret's Bay Road, and Downtown Halifax. From the Armdale Rotary, follow Herring Cove Road, turn right onto Sussex Street (just pass the South Centre Mall), drive over the bridge and turn left into the facilities parking area.

### **Captain William Spry Public Library**

Troy Myers, Branch Manager

10 Kidston Road, Halifax, NS B3R 2J7

Phone: 490-5792

[www.halifaxpubliclibraries.ca](http://www.halifaxpubliclibraries.ca)

Tuesday - Thursday: 10am to 9pm

Friday and Saturday: 10am to 5pm

Sunday: 2 to 5pm (September to May)

The Captain William Spry Public Library opened in 1983, and moved to the Captain William Spry Community Centre in 1986. This spacious branch offers a large collection of materials including books, videos, CDs, DVDs, magazines and more. Services include programming for both adults and children, children's reading support, adult literacy, ESL and public access computers complete with Internet access and adult and children's software applications.

### **Central Spryfield Elementary School**

Principal: Emily Quigley

Vice-Principal: Nancy Bradfield

Guidance counsellor: Ms. H. Topshee

Social worker: Ms. M. Hudson

364 Herring Cove Road, Halifax, NS B3R 1V8

Phone: 479-4286

secretary: mmaxner@hrsb.ns.ca

principal: equigley@hrsb.ca

Grade P to 6. The school has a library, auditorium, art room, & music room.

### **Chebucto Connections**

Bonnie Ste-Croix, Executive Director

#52, 16 Dentith Road, Halifax, NS B3R 2H9

Phone: 477-0964, 477-9115

[www.chebuctoconnections.ca](http://www.chebuctoconnections.ca)

Chebucto Connections is a community development organization that engages residents in making Spryfield and District a vibrant and healthy place to live and work, from Armdale to the Pennants. If you want to make a difference, if you want to meet people and network, if you want to contribute your skills, we invite you to become a Chebucto Connections Volunteer.

### **Chebucto Community Council**

Shawnee Gregory: 490-6732

[www.region.halifax.ns.ca](http://www.region.halifax.ns.ca)

Serves districts 10, 15, 16, 17 and that portion of 18 in the former city of Halifax. Meets first Monday of the month.

## **Chebucto Community Health Team**

16 Dentith Road, Halifax, NS B3R 2H9

Phone: 487-0690

Fax: 479-4903

Email: [cht@cdha.nshealth.ca](mailto:cht@cdha.nshealth.ca)

[www.communityhealthteams.ca](http://www.communityhealthteams.ca).

The Chebucto Community Health Team is a part of Capital Health, working in partnership with the IWK. Services are offered in the Halifax Mainland Communities including: Fairview, Clayton Park, Rockingham to Larry Uteck, Armdale, Herring Cove, Purcell's Cove, Spryfield and the Sambro Loop (with postal codes-B3M, B3N, B3P, B3R, B3S and B3V). If you live, work or have a family doctor in the above communities you are eligible for the services provided.

Our main office is located in the Community Wellness Centre (at the Spryfield Mall). The Community Health Team staff offer a variety of FREE health and wellness programs such as, nutrition and weight management, physical activity and emotional wellness (stress management, assertiveness etc). The Community Health Team also helps link individuals and families with resources in the community and health care system.

All the programs and services offered by the Community Health Team are FREE. For more information please call 487-0690 or visit us on line at [www.communityhealthteams.ca](http://www.communityhealthteams.ca)

## **Chebucto Family Centre** (previously Single Parent Centre)

3 Sylvia Avenue, Halifax, NS B3R 1J7

Phone: 479-3031

Fax: 492-4547

Executive Director - Tammy Turple

Phone: 479 3031 ext 309

Email: [tammy@hgahfx.ca](mailto:tammy@hgahfx.ca)

The Board meets the third Wednesday of each month; the staff meets each Tuesday from 12:30pm-3:00pm

Opening hours: 9am to 4pm, Monday, Thursdays; 9am to 12pm, Tuesdays and Wednesdays, 1to 8pm.

Sponsored by the Home of the Guardian Angel, Chebucto Family Centre offers pre-natal classes, support to new-borns and their moms, and sessions for personal enrichment, educational purposes and recreation for all families.

Child care is available during the day programs for parents. A monthly calendar is available. Two services provided by Chebucto Family Centre are the prenatal program for pregnant women and the Doula Program. Classes are evening from 6 to 8 pm for 9 weeks.

### **Chebucto Head Lighthouse Society**

317 Duncan's Cove Road, Duncan's Cove, NS B3V 1K4

Dominique Gusset (President): 868-2514 (home number)

dominiquegusset@yahoo.ca

<http://www.nslps.com/>

The society's guiding principles are to preserve and protect the Chebucto Head lighthouse site and surrounding natural landscape, gather information on the natural and maritime history of the site, and to maintain public access.

### **Chebucto Heights Elementary School**

Principal: Lesley MacInnis Vice Principal: Kelly Clarke

Social Worker: Marsha Hudson-Ash

230 Cowie Hill Road, Halifax, NS B3P 2M3

Phone: 479-4298 Fax: 479-4408

Secretary: Giselle LeBreton [glebreton@hrsb.ca](mailto:glebreton@hrsb.ca)

[www.echs.ednet.ns.ca/](http://www.echs.ednet.ns.ca/)

Grade P to 6.

### **Chebucto Hiking Club**

President: Jerry Everard

PO Box 26018 Portland Street RPO, Dartmouth, NS B2W 6P3

Jerry Everard: 462-1458

[chebuctohiking@hotmail.com](mailto:chebuctohiking@hotmail.com)

<http://www.chc.chebucto.org>

A Spryfield-based walking and hiking club that walks the woodland and coastal trails of the Chebucto-area communities all year round. Come outdoor and discover the natural world in your own backyard.

### **Chebucto Minor Hockey**

President: Sandy MacDonald

PO Box 20036 Spryfield RPO, Halifax NS, B3R 3Y6

Al Driscoll: 490-4596

[www.chebuctominorhockey.com](http://www.chebuctominorhockey.com)

Hockey provided for over 500 girl and boy players in the area. Volunteer

needs: Sept. - Mar. annually need volunteer help for hockey operations, administration and fundraising.

### **Chebucto News, Monthly Community Newspaper**

P.O. Box 20141 Spryfield, NS B3P 1L1

Dan Doherty, Publisher: 479-6397 Fax: 477-6397

Tangelene Ramsay, Editor

tangelene@live.com

### **Chebucto West Community Health Board**

3825 Joseph Howe Drive, Halifax, NS B3L 4R6

Phone: 487-0571

Fax: 424-5159

andrea.rose@cdha.nshealth.ca

<http://www.cwchb.org>

### **Children's Reading Support**

10 Kidston Road, Halifax, NS B3R 2J7

Phone: 477-7665

Volunteers help children overcome reading difficulties and develop a love of books through an hour per week of games, reading and activities.

### **City Church**

Pastors: Jerry and Gerald Kendrick

Youth Pastor: Shawn Marriott

276 Herring Cove Road, Halifax, NS B3P 1M1

Phone: 479-2489 Fax: 477-5077

Citygate Activate Prayercentre: 479-PRAY (7729)

[c.citychurch@ns.sympatico.ca](mailto:c.citychurch@ns.sympatico.ca)

[www.citychurchhalifax.ca](http://www.citychurchhalifax.ca)

Activities include Sunday services at 10:30 am and 6 pm (complete nursery and City Kids Zone), youth service Monday 7:30 pm, Tuesday prayer at 7:30 (family activities), a full gospel fellowship (Pentecostal Holiness), extremely active teenage program (drama, outings, basketball, bus trips). A church with a heart for the community, all welcome. Bible school (CCBI) at Mon-Thu 9 to 12:30 pm. The City Church Hope Ministry Food Bank has been in operation since 1999. Working closely with the Metro Food Bank in the City of Halifax, many families are fed each week from our own local area. Call 902-477-7788 for details. Charitable receipts.

### **Community Support for Adults**

2131 Gottingen Street, Halifax, NS B3J 3P7

Shirley Feltmate: 424-6111

Fax: 424-8240

Provincial assistance with cost of Homes for Special Care, Home Support Services, and other community residential options for elderly and disabled persons in Halifax.

### **Community Wellness Centre**

Spryfield Shopping Centre

16 Dentith Rd.

The Community Wellness Centre, located in the Spryfield Shopping Centre, is a joint partnership of Capital Health, Dalhousie Family Medicine, and Chebucto Connections. A variety of community-based health services are provided collaboratively at the Community Wellness Centre, such as primary medical care, free health and wellness programs, addiction prevention and treatment services, mental health services, and community development resources. The Community Wellness Centre also serves as a hub for resident action and takes a population health approach to improving community well-being.

### **Councillor District 9 (Armdale-Peninsula West)**

Linda Mosher

P.O. Box 1749 Halifax, N.S. B3J3A5

Phone: 477-8618

Cellular: 476-4117

Fax: 479-4680

City Hall Councillor's Office: 490-4050

Councillor's Fax: 490-4122

[linda.mosher@halifax.ca](mailto:linda.mosher@halifax.ca)

[www.lindamosher.ca](http://www.lindamosher.ca)

### **Councillor District 11 (Spryfield-Sambro Loop)**

Councillor Stephen Adams

P.O. Box 1749, Halifax, N.S. B3J 3A5

Phone: 477-0627

Cellular: 497-8818

Fax: 490-4122

[adamss@halifax.ca](mailto:adamss@halifax.ca)

## **Cowie Family Medicine - now Dalhousie Family Medicine – see below**

### **Cowie Hill Child Care Centre**

30 Ridgevalley Road, M-25, Halifax, NS B3P 2J8

Phone: 479-1001

Fax: 479-0091

Monday to Friday: 7:30 am to 5:30 pm

Day care services for 57 children ages 3-8 years. Pre-school and school age care. Subsidized child care fees. Full time enrolment only.

### **Cunard Junior High School**

Principal: Ms. K. Cooling

Vice-Principal: Ms. M. Kavanaugh

Social worker: 479-4227 121

Williams Lake Road, Halifax, NS B3P 1T6

Phone: 479-4418

Secretary: pgillis@hrsb.ns.ca

School: cunard@staff.ednet.ns.ca

[www.cunardednet.ns.ca/](http://www.cunardednet.ns.ca/)

Grades 7 to 9 inclusive. Gymnasium, library, industrial arts.

### **Dalhousie Family Medicine Spryfield**

16 Dentith Road, Halifax, NS B3R 2H9

473-1234

Dalhousie Family Medicine, Spryfield is a teaching clinic responsible for teaching our family doctors of tomorrow. We provide the full scope of primary care to our patients. Patients experience the benefit of both medical doctors in training providing the latest evidence based medicine, and experienced general practitioners and registered nurses providing guidance and care in a collaborative fashion.

### **Department of Community Services**

6009 Quinpool Road, 4th Fl., Halifax, NS B3K 5J7

Shelley Kenny: 425-5420

Fax: 422-9424

Monday to Friday 8:30 to 4:30

The Department of Community Services of Halifax is committed to: protecting children from emotional, sexual and physical harm by working with individual children and their families in the community; providing a high standard of continuity of substitute parental care and relationship for who cannot remain at home; Developing, in partnership with others, a prevention program, which will encourage healthy and positive relationships among children and their families within the community. The Department of



Community Services strives to provide these services in a climate of dignity, integrity and respect for individual, racial and cultural differences.

**Earl Francis Spryfield Memorial Royal Canadian Legion**

Branch 152

7 Sussex Street, Halifax, NS

Office: 477-0467

Fax: 479-3188

Meet the 2nd Tuesday of the month at 8:00 pm

**Ecology Action Centre**

Phone: 1-800-267-2384

**Edward Jost Children's Centre**

7 Mont Street, Halifax, NS B3P 1N3

Kathleen Couture: 477-9324

Fax: 477-9324

edwardjost@ns.aliantzinc.ca

7:30am to 5:30pm

Licensed for 50 children 18 months to 5 years. Subsidized spaces available.

**Elizabeth Sutherland School**

Principal: Kim Wilson 479-4428

Vice-Principal: Paul Betuick 479-4429

Guidance: 479-4434

Secretary: Terri Parker 479-4427

66 Rockingstone Road, Halifax, NS B3R 2C9

Phone: 479-4427

Fax: 479-4430

ess@staff.ednet.ns.ca

Grades P to 9 inclusive.

**Emmanuel Anglican Church**

322 Herring Cove Road, Halifax, NS B3R 1V4

Office: 477-1783

emmanuelchurch@ns.aliantzinc.ca

Regular Church service Sunday 8 am and 10 am. At present maintaining scouts, guides, brownies, ladies groups, youth groups and church school. Charitable receipts.

### **Family Service Association**

6960 Mumford St. Suite F-14, Halifax, NS B3L 4P1

Central Office: 420-1980

Fax: 423-9830

Toll Free: 1-888-886-5552

admin@fshalifax.com

www.fshalifax.com

Therapy/counselling for individuals, marital/relationship counselling, family counselling, as well as therapeutic groups. Consultation with other agencies and community groups.

### **Family SOS**

6 Cranberry Court, Halifax, NS, B3L 2C2

Office: 455-5515

Fax: 455-7190

familysos@eastlink.ca

www.familysos.ca

Family Intervention Program, Parenting Classes, Family Reunification Program

### **Family SOS - Healthy Kidz**

6 Cranberry Court, Halifax, NS B3R 2E5

Office: 446-3020

Rec. Center: 446-4030

Fax: 446-3021

healthykidz@eastlink.ca

www.familysos.ca

*Meeting every couple months on Tuesday evenings, 6:00 pm*

Family SOS is a non-profit organization dedicated to helping kids thrive by building stronger families. Our Family Intervention and Positive Parenting Programs seek to increase the ability of high risk families to cope with stressful parenting situations. We also offer a Family Reunification Aftercare Program which helps reintegrate at-risk youth back into their homes. The agency operates two community-based Healthy Kidz Programs in Greystone and Mulgrave Park. Please call for further information and ask to speak with the intake/assessment worker. Charitable receipts.

### **Feed Nova Scotia**

Client Services: 457-1900

Fax: 457-4500

[volunteer@feednovascotia.ca](mailto:volunteer@feednovascotia.ca)

[www.feednovascotia.ca](http://www.feednovascotia.ca)

Formed by Nova Scotia's food banks - and resulting from a need for a central food collection and distribution centre - Feed Nova Scotia collects and distributes food throughout all of Nova Scotia and serves more than 250 member agencies. Each month, in excess of 40,000 Nova Scotians rely on the services of these member agencies, which include food banks, shelters, soup kitchens, breakfast programs, prepared meal services and emergency food assistance programs. Incorporated in 1984 as the Metro Food Bank Society, the organization took on a broader provincial mandate in 2003.

### **Fleming Tower School**

Principal: Jane Gourley [jgourley@hrsb.ns.ca](mailto:jgourley@hrsb.ns.ca)

Vice-Principal: Emilie Lively [elively@hrsb.ns.ca](mailto:elively@hrsb.ns.ca)

Secretary: Debbie Walsh [walshd@hrsb.ns.ca](mailto:walshd@hrsb.ns.ca)

25 Randolph Road, Halifax, NS B3P 2A9

Phone: 479-4437

[jwm@staff.ednet.ns.ca](mailto:jwm@staff.ednet.ns.ca)

<http://jwmft.ednet.ns.ca/>

Elementary school, primary to Grade 1 inclusive, gymnasium and library. A dual track school, offering instruction in both French and English.

### **Food Bank Emmanuel Anglican Church**

322 Herring Cove Road, Halifax, NS B3R 1V4

Office: 477-1783

[emmanuelchurch@ns.aliantzinc.ca](mailto:emmanuelchurch@ns.aliantzinc.ca)

Food bank at Emmanuel Anglican Church

### **Food Bank St. Paul's Family Resources Institute**

173 Old Sambro Road, Halifax, NS B3R 2H6

Phone: 477-1015

Fax: 477-5206

[khollery\\_stpaulsfri@hotmail.com](mailto:khollery_stpaulsfri@hotmail.com)

Food bank at St. Paul's United Church. Call on Tuesday to register for the food bank, please have health cards available. The give out time for the food bank is Wednesday afternoon between 1:00 pm and 3:00 pm.

Refreshments and a light snack are offered.

### **Girl Guides of Canada**

3581 Dutch Village Road, Halifax, NS B3N 2S9

Provincial Office: (902) 423-3735

Fax: (902)423-5347

Toll Free Membership Line: 1- 800- 565- 8111

Joanne Bouddon: 475-1052    Kristen Hollery: 477-6844

ggcns@girlguides.ns.ca

www.girlguides.ns.ca

Office hours: Monday-Friday 9 am to 5 pm

Every girl in Canada can be a member of the Girl Guides of Canada, a vibrant, dynamic movement for girls. Girl Guides of Canada is a movement for girls, led by women. It challenges girls to reach their potential and empowers them to give leadership and service as responsible citizens of the world. Charitable receipts.

### **Glades Lodge**

25 Alton Drive, Halifax, NS B3N 1M1

Phone: 477-1777

Fax: 477-8174

gladeslodge@gemhealth.com

www.gemhealthcare.com

Glades Lodge is a 123 bed Long Term Care facility serving mature adults requiring Level Two Care. We also have 1 Respite Bed for short term stays. Our professional, dedicated staff provide the most superior nursing care available. Glades Lodge provides: 24 hour nursing care, nutritional home-style meals, recreational activities, restorative care

### **Greystone Community Centre & Food Bank**

33 Lemon Walk, Halifax, NS B3R 1G7

Phone: 431-8087

The Greystone Community Centre is a non-profit organization for the Greystone community. Some of the activities include a food bank, a literacy program, tutoring, ways and means committee, bake sales, bingo, peer tutoring group for children, adult literacy upgrading, and annual block party.

### **Halifax City Wanderers Soccer Club**

St Andrews Center 6955 Bayer's Road Room 211 B3L 4S4

Mike Davis: 453-0741

Diane Elbourne: 453-0741

info@halifaxcitysoccerclub.ns.ca

<http://www.halifaxcitysoccerclub.ns.ca/>

Soccer for males and females from ages 5 up to adults living in the Halifax metro area. Registration for the summer season starts Feb. 1. The summer season runs from late May to mid-September. Registration for the indoor winter season is in October.

### **Halifax Community Learning Network**

#523, 1657 Barrington St. Halifax Nova Scotia B3J 2A1

Phone: 422-7648

hcln@ns.sympatico.ca

[www.goNSSAL.ca](http://www.goNSSAL.ca)

The Halifax Community Learning Network is a non profit organization that offers free tutoring for adults at four branches of the Halifax Public Libraries including the Captain William Spry Library. Students must be over 19 and not have a High School Diploma. The Halifax Community Learning Network also trains volunteers to be adult literacy tutors.

### **Halifax Regional Fire and Emergency Services**

40 Alderney Gate, 1st floor, Dartmouth, NS B2Y 2N5

Public Education and Fire Prevention: 490-5546

Administration: 490-5530 Fax: 490-5228

Emergency: 911

macdonald.craig@halifax.ns.ca

[www.region.halifax.ns.ca/fire](http://www.region.halifax.ns.ca/fire)

Home safety program for people in single family dwellings. Staff will come to home for fire safety inspection on request and will provide educational materials and talks on fire safety instructions. Fire safety instructions are done in apartments and public buildings annually. All emergencies call 911.

### **Halifax Regional Municipality - HRM Kids**

10 Kidston Road, Halifax, NS B3R 2J7

479-4760

HRM Kids is a program to provide assistance to as many children and youth as possible who, due to lack of funds, would otherwise be unable to participate in sport, art, cultural and recreation activities. Complete the application form either on-line [www.halifax.ca/HRMKids.html](http://www.halifax.ca/HRMKids.html), or at your local community recreation centre.

### **Halifax Regional Police Service Youth Program**

10 Thornhill Drive, Dartmouth, NS

Sgt. Scott MacDonald: 490-5397

Fax: 490-5217

The Halifax Regional Police Service Youth Program is a vocational exploration and community service program for youth between the ages of 14 and 21 interested in careers in Law Enforcement and related fields. The group has local units in the regional municipality; additional information can be obtained by contacting the co-ordinator.

### **Halifax Regional Police Services**

264 Herring Cove Road, Halifax, NS

Cst. Andrew Conrad: 225-8975

West Division Office: 490-5204

Emergencies: 911

Crimestoppers: 1-800-222-tips

Fax: 490-5217

Monday to Friday: 8:30 am – 4:30 pm

Halifax Regional Police is committed to community service and partnering with the Halifax Regional Municipality to continually enhance and improve safety and security in our neighbourhoods.

### **Halifax Regional Public Library**

10 Kidston Road, Halifax, NS B3R 2J7

Matthew McCarthy: 490-5792

Computer Bookings: 490-5818

Fax: 490-5741

[www.halifaxpubliclibraries.ca/branches/capspry.html](http://www.halifaxpubliclibraries.ca/branches/capspry.html)

Tuesday - Thursday: 10am to 9pm

Friday and Saturday: 10am to 5pm

Sunday: 2 to 5pm (September to May)

Materials for adults and children including a large collection of materials including books, videos, CDs, DVDs, magazines and more. Services include programming for both adults and children, children's reading support, adult literacy, ESL and public access computers complete with free Internet access and adult and children's software applications. Its reference section houses the Mainland South Heritage Society's Photograph Collection.

**Halifax Regional School Board**

90 Alderney Drive, Dartmouth, NS B2Y 4S8

Phone: 464-2000

mestekantchi@hrsb.ns.ca

The Halifax Regional School Board meets the third Wednesday of each month at 6 p.m. in the board room at 90 Alderney Drive. Meetings are open to the public. Arrangements to speak at meetings on the third Wednesday of the month can be made by contacting the corporate secretary at 464-2000 ext. 2321 or going to the website and following the link "Have A Voice".

**Halifax Southwest Hurricanes Lacrosse**

4 Lockwood Avenue, Halifax, NS B3R 1S3

Richard Danells (president): 477-2540

rdanells@eastlink.ca

www.hhla.goalline.ca

Minor lacrosse

**Hand in Hand**

436 Herring Cove Road, Halifax, NS B3R 1W5

Heather Coffin: 477-7744

Monday to Friday, 9 am to 4 pm

Saturday 10 am to 2 pm

Hand in Hand is an outreach of The Society of Saint Vincent de Paul. It is an advocacy centre that provides used clothing, assistance in obtaining furniture, education and referrals for counselling. Those primarily using this facility are single mothers, the working poor and people on assistance as well as those searching to upgrade their life skills. For these reasons we operate used clothing and household items store. Charitable receipts.

**Harbour City Homes Non-profit Housing Society**

2444 Barrington Street, Halifax, NS B3K 2W9

Phone: 490-6277

Fax: 490-6280

Manages and develops low-income housing (rental). Two duplexes (4 units) on the Old Sambro Road.

**Harrietsfield - Sambro fire Department Station 62**

1070 Old Sambro Road, Halifax, NS B3V 1B1

Station 62 (Harrietsfield): 477-6050

Fax: 477-3534

Covers Ketch Harbour Road (Bald Rock Road through to the Old Sambro Road at Ketch Harbour Road), East & West Pennant, Old Sambro Road (Williamswood & Harrietsfield)

### **Harrietsfield - Sambro fire Department Station 63**

160 West Pennant Road, Sambro, NS B3V 1B1

Station 63 (Sambro): 477-6050

Fax: 477-3534

Covers Ketch Harbour Road (Bald Rock Road through to the Old Sambro Road at Ketch Harbour Road), East & West Pennant, Old Sambro Road (Williamswood & Harrietsfield)

### **Harrietsfield Elementary School**

Principal: Mrs. Hagerty

Vice Principal: Mrs. Richardson

Secretary: Mrs. Lawlor

1150 Old Sambro Road, Harrietsfield, NS B3V 1B1

Office: 479-4230

Fax: 479-4235

Safe Arrival: 479-4233

hes@hrsb.ns.ca

<http://harrietsfield.ednet.ns.ca/>

Grades P to 6.

### **Harrietsfield/Williamswood Community Centre**

1138 Old Sambro Road, Harrietsfield NS, B3V 1B1

Facility for community events including groups and organizations such as Scouts, Guides, private rentals, hip-hop dances and pre and after-school programs.

### **Hearts in Motion**

Program Manager: Wanda Firth

315 Herring Cove Road, Spryfield

Phone: 473-3744

Fax: 473-3338

wanda.firth@cdha.nshealth.ca

A program designed to help you take control of your vascular health. Have your doctor refer you to a program nearest you.



### **HEAT (Helping the Earth by Acting Together)**

68 Parkhill Road, Halifax, NS, B3P 1R6

Phone: 490-4520

Fax: 490-4509

peacet@halifax.ca

<http://takeoff.to/heat>

The Adventure Earth Centre offers quality environmental, earth education and leadership programs to youth of all ages. These programs offer powerful, experimental learning opportunities that encourage people to appreciate, understand, and take action to care for, the earth and our environment. H.E.A.T. is our newest program, created to provide greater opportunities for youth ages 13 and up, who have an interest in the environment and who want to "make a difference". It is "youth driven" and aims to provide opportunities for leadership, develop personal skills, create service and action projects, participate in active living opportunities, and remain connected to other like-minded youth and the Adventure Centre.

### **Herring Cove & District Volunteer Fire Department**

57 Ketch Harbour Road, Halifax, NS B3V 1H4

Station 60/61: 477-1494

Emergency: 911

Fax: 477-2124

blackt@halifax.ca

<http://www.halifax.ca/Fire/HerringCove.html>

Staff available from 8 am - 4:30 pm Monday to Thursday (Friday until 4 pm). Message centre handles emergency calls and after hours calls. Covers Ferguson's Cove, Herring Cove, Halibut Bay, Bear Cove, Portuguese Cove, Chebucto Head, Duncan's Cove, Ketch Harbour and Sandy Cove.

### **Herring Cove Junior High School**

Principal: Lisa Vaughan

Vice-Principal: Amy Williams

Secretary: Peggy MacLean

Guidance counsellor: Judi Hutchison

7 Lancaster Drive, Herring Cove, NS B3V 1H9

Phone: 479-4214 Fax: 479-3379

hcjh@hrsb.ns.ca [www.hcjh.ednet.ns.ca](http://www.hcjh.ednet.ns.ca)

Monday to Friday 8 am to 3:30 pm (office) 2:40 pm (students) Grades 7 - 9.

### **Herring Cove Minor Basketball Association**

106 Essex Drive, Herring Cove, NS B3V 1H9

Phone: 479-1895

The Herring Cove Minor Basketball Association promotes recreational experiences for all youth in the Herring Cove area. Organized Basketball League for boys ages 12-15 years. Season runs from October to April. Registration begins in September.

### **Homes for Independent Living**

2505 Oxford Street, Halifax, NS B3L 2T5

Sandy Strickland-Cormier: 422-9591

Fax: 425-3151

Physically disabled individuals can come to learn and/or adjust to an independent, self directed way of life.

### **HRM Community Developers - Community, Culture and Economic Development**

Norma MacLean, Phone: 479-4487

Virginia Jauregui, Phone: 490-6595

Fax: 479-1177

maclean@halifax.ca, jauregv@halifax.ca

HRM's Community, Culture and Economic Development Unit has community developers who are able to assist existing and emerging groups. We offer training and development in organizing your board, running meetings, facility development, business planning, etc.. We are also able to connect to the appropriate resources, information, partners and networking opportunities in order to solve problems and identify solutions.

### **HRM Recreation, Tourism & Culture Chocolate Lake Center**

14 Purcell's Cove Road, Halifax, NS B3N 1R4

Phone: 490-4607

Fax: 490-4504

<http://www.halifax.ca/rec/CentresChocolateLake.html>

Monday to Friday: 9:00 am - 9:00 pm

Saturday: 9:00 am - 5:00 pm

July and August Saturday hours are 9:00 am - 1:00 pm

Sunday: 1:00 pm - 5:00 pm

We are closed for all Statutory Holidays. Notices are always posted.

Facilities at the Chocolate Lake Centre include a weight and strength

training facility, gymnasium, multi-purpose room and kitchen, photography darkroom, dance studio, pre-school program room, classrooms and the Atlantic Karate Club. Weight room memberships and facility rentals are available. Recreation and leisure programs include pre-school programs, after-school programs, children and youth programs, summer camps, and adult/senior programs. The Chocolate Lake Centre is the administrative office for Recreation and Leisure programs and services for Springvale, Armdale, Cowie Hill, Kline Heights, Stanley Park, Fleming Heights, Purcell's Cove, Pine Bluff, Jollimore, Spryfield, Thornhill, Rockingham, Sambro, Ketch Harbour, Herring Cove, Harrietsfield and Herring Cove Road. Staff at the Chocolate Lake Recreation Centre are also involved with community and leadership development, recreation and leisure education, and the promotion of active and healthy living.

### **Human Resource Development Canada**

7001 Mumford Road, Halifax Shopping Centre, Tower 2, 2nd floor, Halifax

Phone: 426-9617

Fax: 426-7690

[www.ns.hrdc-drhc.gc.ca](http://www.ns.hrdc-drhc.gc.ca)

P.O. Box 1800, Halifax, NS B3J 3V1

Monday, Tuesday, Thursday & Friday 9 to 4:30 pm,

Wednesday 10 to 4:30 pm

Employment and unemployment insurance inquiries.

### **Immigrant Settlement & Integration Services (ISIS)**

6960 Mumford Road, Suite 2120, Halifax, NS, B3L 4P1

Phone: 423-3607

[www.isisns.ca](http://www.isisns.ca)

ISIS is a leading community organization that welcomes all immigrants.

Working in partnership, ISIS offers services and creates opportunities that enable immigrants to fully participate in the Canadian life.

### **IWK - Health Centre**

5850-5980 University Avenue, Halifax, NS B3R 2H9

Central Referral: 464-4110

Fax: 464-3008

<http://www.iwk.nshealth.ca>

Monday to Friday, 8:30 am to 4:30 pm

The Community Mental Health Services is a community based out-patient mental health service dedicated to helping troubled children, young people, and their families so that they may lead healthy and happy lives. The Centre accepts referrals from any source in the community and charges no fees for direct assessment on treatment. It also offers consultation and education for parents, schools, health and social agencies, day care centres, and community groups, etc. as well as teaching professionals in practice and in training at a variety of institutions.

### **IWK Extra Support for Parents**

5850-5980 University Avenue, Halifax, NS B3R 2H9

Phone: 470-7111

<http://www.iwk.nshealth.ca>

### **J.L. Ilsley High School**

Phone: 479-4612

Principal: Tim Simony [tsimony@hrsb.ns.ca](mailto:tsimony@hrsb.ns.ca) ext. 570 1001

Vice-Principals: A-J ext. 570 1003 K-Z ext. 570 1002

Guidance counselors: A-J ext. 570 1006 K-Z ext. 570-1007

Secretaries: Susan Algee ext. 570-1000 Bev Purdy ext. 570-1004

38 Sylvia Avenue, Halifax, NS B3R 1J9

Phone: 479-4612

Fax: 479-4635

[salgee@hrsb.ns.ca](mailto:salgee@hrsb.ns.ca)

[www.jlihs.ednet.ns.ca/](http://www.jlihs.ednet.ns.ca/)

J.L. Ilsley High School, built in 1970, serves approximately 900 students in Mainland South. The school offers a range of courses at the honours, academic, and general levels and alternative education. Mature students are welcome in all programs. J.L. Ilsley is characterized by a strong base of community support, which has resulted in the establishment of a teen health centre in the school. It is a large, clean school with spacious classrooms, well equipped computer and science labs and a cafeteria seating 400 people.

### **John W. MacLeod School**

Principal: Jane Gourley [jgourley@hrsb.ns.ca](mailto:jgourley@hrsb.ns.ca)

Vice-Principal: Emilie Lively [elively@hrsb.ns.ca](mailto:elively@hrsb.ns.ca)

Secretary: Debbie Walsh [walshd@hrsb.ns.ca](mailto:walshd@hrsb.ns.ca)

159 Purcell's Cove Road, Halifax, NS B3P 1B7

Phone: 479-4437

Fax: 479-4442

jwm@hrsb.ns.ca

www.jwmft.ednet.ns.ca

Grades 2 - 6 inclusive. Gymnasium and library. A dual track school, offering instructions in both French and English

### **Ketch Harbour Area Residents Association**

24 Lupine Lane, Ketch Harbour, NS, B3V 1K6

Dan Welch: 868-1310

John Himmellman: 868-1166

welchwhlen@yahoo.ca

The Association was formed in 2000 and serves the communities of Ketch Harbour and Duncan's Cove Projects and initiatives for the upcoming year are: 1. ongoing work on the Ketch Harbour Park, 2. protection of the Ketch Harbour Barrens, 3. acquiring a community centre for holding area events, 4. continue efforts to have road shoulders repaired, the Ketch Harbour Bridge replaced and other provincial roadwork done. The Association is planning to hold public meetings every 6 months, and group workings on various projects will also hold public meetings from time to time.

### **Long Lake Provincial Park Association**

40 Rockingstone Road, Halifax, NS B3R 2C6

Phone: 477-6102

A non-government community group organized to promote public participation and management of the park. Most of the activities have centered around environmental issues. This community group promotes the conservation of Long Lake Provincial Park. Membership is open to anyone with an interest in the park.

### **Mainland South Basketball Association**

1 Lakeshore Drive, Brookside, NS B3T 1S4

Todd Umlah (President): 852-5468

tcumlah@eastlink.ca

Armdale to Pennant, practice sessions at schools in Spryfield & Herring Cove. President: Todd Umlah; Secretary: Carol Finch. Competitive (Rep) teams in Metro Minor Basketball League (ages 9 to 15), House League and Small Ball (ages 5 to 11)

### **Mainland South Heritage Society**

President: Leslie Harnish

Secretary: Susan Nicholson

10 Kidston Road, Halifax, NS B3R 2J7

Leslie Harnish (Pres.): 868-2553

[harnish@hfx.eastlink.ca](mailto:harnish@hfx.eastlink.ca)

[www.rootsweb.com/~nsmshs/](http://www.rootsweb.com/~nsmshs/)

Our mandate is to research, document and preserve the heritage of the communities of Mainland South which we interpret broadly to mean that region of the Halifax Regional Municipality from Armdale to Pennant. This region has a rich history and includes former farm lands, fishing communities, military establishments, quarries, and the sites of pioneer industrial enterprises. Charitable Status.

### **Margarete Latter Manor**

144 Hebridean Drive, Herring Cove, NS B3V 1H7

Phone: 420-6050

Fax: 420-2819

c/o Metropolitan Regional Housing Authority 2131 Gottingen Street 5th Floor Halifax, NS B3K 5Z7

Senior citizens apartments with 14 units. Call the Metropolitan Regional Housing Authority at the above number for more information.

### **Maritime Sikh Society**

10 Parkhill Road, Halifax, NS B3R 2J7

Phone: 477-0008

[tiwana@eastlink.ca](mailto:tiwana@eastlink.ca)

<http://home.istar.ca/~cye/mss.html>

### **Mayor of Halifax Regional Municipality**

1841 Argyle Street, Halifax, NS B3J 3A5

Mike Savage: 490-4010

Fax: 490-4012

[mayor@halifax.ca](mailto:mayor@halifax.ca)

[www.halifax.ca](http://www.halifax.ca)

### **McIntosh Run Watershed Association**

Box 20112, Spryfield RPO, Halifax, NS B3R 2L1

[Kaarin.Tae@Dal.ca](mailto:Kaarin.Tae@Dal.ca)

**Meals on Wheels**

6036 Coburg Road Halifax, NS B3H 1Y9

Boneta Oxner: 429-4299

Office Hours: 8am - 1pm Mon - Fri

Hot full course dinners delivered to homes of recipients at noon, on Mon., Wed. and Fri. The service is for those who have problems preparing nutritious meals due to aging, chronic illness, handicap, recent surgery, etc. Cost can be adjusted to circumstances.

**Member of Parliament**

1-2207 Gottingen Street, Halifax, NS B3K3B5

Megan Leslie: 426-8691

Fax: 426-8693

megan@hfx.eastlink.ca

www.meganhfx.ca

**Member of the Legislative Assembly**

47 Williams Lake Road, Halifax, NS B3P 1S9

Michele Raymond: 477-4100

Fax: 477-4810

mhraymondmla@eastlink.ca

www.mhraymond.ca

Provincial Representative. Brings forward constituent concerns, offers assistance and advocacy services, information on government programs and process, funding applications; can arrange tours of Legislature for schools and youth groups, speak to community groups, congratulatory certificates, notarize official documents, etc.

**Mental Health Mobile Crisis Team**

PO Box 1004, Dartmouth, NS B2Y 3Z6

Crisis Line: 429-8167

Toll Free: 1-888-429-8167

Administration: 446-3469

Fax: 431-1617

The Mental Health Mobile Crisis Team (MHMCT) provides intervention and short term crisis management for children, youth and adults experiencing a mental health crisis. We offer telephone intervention, 24/7, throughout the Capital District and mobile response in most communities of HRM. Our support is confidential, non-judgmental and respectful.

### **Mental Health Services**

5909 Veterans Memorial Lane, Halifax, NS B3H 2E2

Phone: 473-2700

Outpatient clinic: 473-2539

[www.cdha.nshealth.ca](http://www.cdha.nshealth.ca)

Both inpatient and outpatient adult mental health services are provided.

### **Metropolitan Regional Housing Authority**

2 Indigo Walk, Halifax, NS B3R 1G2

Mainland South Office: 420-6050

Main Office: 420-6000

Fax: 420-2819

[ellen.richard@rha.gov.ns.ca](mailto:ellen.richard@rha.gov.ns.ca)

The Metro Regional Housing Authority provides affordable rent geared to income housing for families, seniors and disabled persons. Applications may be picked up at the Mainland South Office 420-6050. In the Mainland South area, the following units are under (MRHA) management; Family Townhouses: Greystone Community 252 units, Greystone Drive 6 units, Forbes Street 8 units. Senior Citizens Apartments: Cowie Hill Lodge 43 units, Captain William Spry Lodge 38 units.

### **Metroworks Employment Services**

349 Herring Cove Rd., Unit 105, Spryfield, NS B3R 2H9

Main Line: 477-5011

Admin assistant: 477-1646

Employment Facilitator: 477-1673

Employment Development Officer: 477-0379

Fax: 477-0227

E-mail: [swheaton@mymetroworks.ca](mailto:swheaton@mymetroworks.ca)

Metroworks Employment Services provide job search assistance, training direction and support to clients, who are unemployed, underemployed, seeking employment or changing careers.

Monday to Friday, 9 am to 4 pm

Employment Counselling assists individuals to develop an action plan to reach their education or employment goals, access educational programming and explore funding opportunities, and coaching in effective job search techniques. Employment Development Services works with clients and the business community to assist job ready clients to attain employment. Job Search Services include assistance with setting up a free email account, and finding information on the labour market, employers, and community groups/agencies. Skills Identification, Resume Writing, Cover Letters,



Interview Preparation, Basic Computer Skills, Job Searching on the Internet, Basic MS Word/Email, Emergency First Aid/CPR, and WHMIS/ Occupational Health & Safety. Resource Information on education/training opportunities, Job Postings, and training opportunities. Access to computers with internet and word processing, photocopying, faxing, and telephone.

### **Northwest Arm Heritage Association**

103 Anchor Drive, Halifax, NS B3N 3B9

The group's purpose is to: 1) Promote an understanding of the historical, aesthetic, ecological and recreational significance of the Northwest Arm. 2) Undertake activities intended to preserve and enhance the natural character of the Northwest Arm and environs, and to protect the amenity of the Northwest Arm in order that it may be enjoyed by future generations 3) Ensure that impact on the Northwest Arm of land use changes in HRM are fully examined.

### **Nova Scotia Department of Community Services**

PO Box 2561, Halifax, NS B3J 3N5

Phone: 424-4150

Fax: 424-0578

[www.gov.ns.ca](http://www.gov.ns.ca)

This department provides a range of services including income assistance, job creation programs and employment training services. See also p. 23

### **Nova Scotia Nature Trust**

2085 Maitland Street

Phone: 425-5263 Toll-free: 1-877-434-5263

Fax: 902-429-5263

[nature@nsnt.ca](mailto:nature@nsnt.ca)

<http://www.nsnt.ca/>

Box 2202, Halifax, NS, B3J 3C4

The Nova Scotia Nature Trust was formed in 1994 by a group of Nova Scotians who foresaw the wisdom of conserving the province's increasingly threatened ecologically significant lands. We are an incorporated charitable organization and are designated as a conservation organization under the Conservation Easement Act of Nova Scotia.

### **Nova Scotia Teacher's Union - Retired Teachers Organization**

3106 Joseph Howe Drive, Halifax, NS B3L 4L7

Phone: 477-5621

Linda Kline: lkline@nstu.ca (will forward to RTO)

[www.rto.ca](http://www.rto.ca)

### **Parkhill United Church**

Rev. Keltie Van Binsbergen

3811 Old Sambro Road, Halifax, NS B3V 1G2

Phone: 868-2791

[sjchurchoffice@eastlink.ca](mailto:sjchurchoffice@eastlink.ca)

<http://sambrojollimore.homestead.com/>

Sunday service and Sunday school 9:15 am (except Jul/Aug).

### **Planned Parenthood Metro Clinic**

6009 Quinpool Road, Suite #201, Halifax, NS B3K 5J7

Phone: 455-9656

Fax: 429-3853

[info@pphalifax.ca](mailto:info@pphalifax.ca)

<http://www.halifaxsexualhealth.ca/>

Sexual Health Centre staffed by doctors, nurses and health promoter that provide sexual health education and services to persons living in Nova Scotia. Pregnancy tests, pregnancy options, counselling, pap tests, STI testing and treatment, sexual health counselling and well women's checkups are all available. We service a wide range of clients including persons of all ages from diverse socioeconomic, education, cultural, ethnic, religious and sexual orientation backgrounds/experiences. Charitable receipts.

### **Progress Centre for Early Intervention**

3530 Novalea Drive, Halifax, NS B3K 3E8

Phone: 423-2686 ext. 223

[www.progresscentre.com](http://www.progresscentre.com)

Early Intervention means helping families who have infants and young children between birth and six years of age with developmental delays.

### **Public Health Services**

Phone: 481-5800

Secretary: 481-5868

[www.cdha.nshealth.ca](http://www.cdha.nshealth.ca) (click on the link to Public Health)

Public Health works in partnership with communities, families and individuals to prevent illness, protect and promote health, and achieve well-being. We are public health nurses, health promotion coordinators, dental hygienists, nutritionists, support staff, medical officers of health, and administrators/managers. With the help of our partners, we continue to work to improve the health of our communities, province and country.

Communicable Disease Prevention and Control (CDPC): There are three major areas of activity for CDPC: health protection, health surveillance and health education/promotion. These focus on reporting and investigating communicable diseases, reporting trends in health risks, and working with community groups and individuals regarding communicable diseases.

Healthy Beginnings: The program provides services to women of childbearing years and their families, newborns, infants and young children. Services are voluntary, free and confidential.

Having a baby?: Public Health offers free classes for expectant mothers and their partners. Classes are available Saturday evenings in partnership with IWK Health Centre and Family Resource Centres. A public Health Nurse is able to provide prenatal education from your home if you are unable to attend regular classes. Register at 481-5842.

Once your baby is born: A Public Health Nurse will come visit you in the hospital once you've had your baby. If you need more support, she will call you at home within 72 hours after your discharge from the hospital to see how you are doing, or even pay a visit. The nurse will provide ongoing parenting information and support, up till your child's third birthday if needed.

Breastfeeding Support line: 481-5852. Leave a message or access pre-recorded answers to frequently asked questions 24 hours a day, 7 days a week. A nurse will return your call between 830am-400pm.

Family Drop-In Clinics: Come for breastfeeding assessment and assistance, parenting support and other health information. This is a great place to meet other parents. Please phone (902) **481-5800** before going for your first visit.

Parenting Information Sessions: You can attend one of our many group education sessions facilitated by a Public Health Nurse on a variety of topics including parenting, growth and development, nutrition, safety and crying. There are several different locations within Halifax Regional Municipality.

School Health: Our School Health team, provides school based

immunization programs, Youth Health Centres, support for school food and nutrition policy, and works with over 165 school communities.

Health Promotion Team: The team strives to support multiple provincial strategies such as Chronic Disease Prevention, Tobacco Reduction, Healthy Eating, Injury Prevention, Comprehensive Workplace Health, Sexual Health, and Physical Activity (district strategy).

### **Rockingstone Heights School**

Principal: Steve Gallagher

Vice-Principal: Leanne March

Guidance: Mrs. Doell

Social Worker: Marsha Hudson-Ash

1 Regan Drive, Halifax, NS B3R 2J1

Phone: 479-4452

Safe Arrival: 479-4670

Fax: 479-4459

rhes@hrsb.ns.ca

www.rhes.ednet.ns.ca/

Ages 4+ program up to grade 9 inclusive.

### **Saint Augustine's Anglican Church**

Father John Scotty

290 Purcell's Cove Road, Halifax, NS B3P 1C3

Phone: 477-5424

Sunday service. Guides, cubs, and scouts meet at the church. The church is equipped with a wheelchair ramp. Charitable receipts.

### **Saint George's Greek Orthodox Church**

Father Panagiotis Maroboulos

38 Purcell's Cove Road, Halifax, NS B3N 1R4

Phone: 479-1271

Fax: 479-1425

avongenade@hotmail.com

Sunday service is 9:30 am to 12 noon. Greek Festival is an annual event held the 1st or 2nd week of June. It is open to the public. An expose of Greek food, culture, heritage, dances, live music, wine and ouzo. There is also a Greek Language Heritage School and tours of the church.

### **Saint James United Church**

Rev. Keltie Van Binsbergen  
3811 Old Sambro Road, Sambro, NS B3V 1G2  
Church: 868-2791  
Pastor Home: 868-1445  
sjchurchoffice@eastlink.ca  
<http://sambrojollimore.homestead.com/index.html>  
Sunday church service and Sunday school 11:15 am

### **Saint John the Baptist Catholic Church**

Rev. John Williams  
26 Purcell's Cove Road, Halifax, NS B3N 1R4  
Rev: 477-3110  
office@stjohnbaptist.ca  
Mass Saturday 4 pm and Sunday at 9 am and 11:30 am. Charitable receipts.

### **Saint Michael's Roman Catholic Church**

Father Rob Arsenault  
14 St. Michael's Avenue, Halifax, NS B3P 1M5  
Phone: 477-3530  
Fax: 479-2959  
Director of Faith Formation - Tanya Rodgeron: 477-0993  
stmichaelsparish@ns.aliantzinc.ca  
Church services are held Saturdays at 4 pm, and Sundays at 8 am and 11 am (Summer service times are different). Activities held at the church include the following: Catholic Women's League (CWL), Knights of Columbus (KOC), Faith Formation and card social. Charitable receipts.

### **Saint Paul's Family Resources Institute**

173 Old Sambro Road, Halifax, NS B3R 2H6  
Kristen Hollery  
Phone: 479-1015  
Food Bank: 477-5090  
Fax: 477-5206  
khollery\_stpaulsfri@hotmail.com  
[www3.ns.sympatico.ca/stpaulsfri](http://www3.ns.sympatico.ca/stpaulsfri)  
9:00 AM - 4:00 PM  
An Outreach ministry of St-Paul's united Church. Our mission is to undertake a Christian outreach ministry of live and caring for people whose

needs are economic, social or educational until individuals are self-sustaining. Programs include a food bank, computer access, community garden, collective kitchens program, income tax returns, advocacy and referrals as well as a community meeting place. Charitable Receipts.

### **Saint Paul's Roman Catholic Church**

151 Hebridean Drive, Herring Cove, NS, B3V 1H4

Phone: 477-3530

Fax: 479-2959

Charitable receipts.

### **Saint Paul's United Church**

Rev. Jeanne Manning Stright

173 Old Sambro Road, Halifax, NS B3R 2H6

Phone: 477-3937

Food Bank: 477-5090

Fax: 477-5206

st.paulsfri@ns.sympatico.ca

Sunday service 11 am, Sunday school 11 am (September - June).

### **Saint Timothy's Anglican Church**

Minister: Lisa Vonne

Prospect Road

Phone: 852-4580

### **Saint Vincent de Paul Society**

14 St. Michael's Avenue, Halifax, NS B3P 1M5

St. Michael's Church: 479-0630

Voluntary group of men and women who in following the rule of the society of St. Vincent de Paul, assist those who are in need. Emergency food available. Clothing store located at Hand In Hand, 436 Herring Cove Road

### **Salvation Army Spryfield Community Church**

328 Herring Cove Road, Halifax, NS, B3R 1V4

Phone: 477-5393

Fax: 477-0161

www.spryfieldarmy.ca

Sunday worship services: 11 am and 6:30 pm. Women's Fellowship group:

Tuesdays at 7:00 pm (bi-weekly). Home Bible Study groups: Wednesdays at

7 pm. Refugees and immigrant services offered.

### **Salvation Army Family Resource Centre**

328 Herring Cove Road, Halifax, NS, B3R 1V4

Phone: 477-5393

Fax: 477 -0161

cornerstone@ns.sympatico.ca

The Family Resource Centre concentrates on the Spryfield area. Programs are designed to teach life skills for both children and adults. not food bank or clothing depot on site. Emergency help or referral is always available without regard for race, colour, creed, sex or age. Charitable receipts.

### **Sambro - Ketch Harbour Elementary School**

Principal: Tracy Marchand

3725 Old Sambro Rd, Halifax, NS B3R 1R5

Phone: 868-2717

Fax: 868-1808

Safe Arrival: 868-2802

ses@hrsb.ns.ca

<http://sambro.ednet.ns.ca/>

Elementary school grades Primary to six.

### **Spryfield and District Business Commission**

PO Box 20059, Halifax, NS B3R 2L1

Phone: 452-7472

sdbc@eastlink.ca

[www.spryfield.ca](http://www.spryfield.ca)

Meeting 2nd Monday of the month at 6:30 pm

An Incorporated commission of business owners and operators dedicated to improving business opportunities in Districts 9 & 11.

### **Spryfield Community Garden**

Coordinator: Kristen Hollery

173 Old Sambro Road, Halifax, NS B3R 2H6

Phone: 479-1015

Fax: 477-5206

khollery\_stpaulsfri@hotmail.com

A socially-oriented program based on sound environmental principles is the Spryfield Community Garden run by the St. Paul's Family Resources Institute. The garden is located beside the Church on Old Sambro Road. Organic Gardening techniques are used. There are garden plots for

individual families and produce is grown for the food bank. There is a sense of community in the operation of the garden, people help each other out, some shared beds contain perennial crops, such as rhubarb, and there is a community compost. Families and individuals, particularly those without access to backyard gardens or the knowledge to get started alone are encouraged to join the project and start producing their own food.

### **Spryfield Lions Club**

111 Drysdale Road, Spryfield, NS B3P 1L1

Phone: 479-2917

The Spryfield Lions Club has served the community of Spryfield for over 50 years. Services include help for the blind and social needs of individuals. New members are welcome. Regular club meetings are held at 7pm on the second and fourth Tuesday of the month.

### **Spryfield Lions Rink & Recreation Centre**

111 Drysdale Road, Spryfield, P.O. Box 20021, NS B3P 1L1

Rink: 477-5466

Recreation Centre: 479-2917

Chebucto Minor Hockey, Recreation Hockey, Ringette, Senior Public Skating, Lacrosse, Gymnasium Space, Floor Hockey, Basketball, Majorettes, Wedding Reception.

### **Spryfield Residents Association**

10 Kidston Road, Halifax, NS B3R 2J7

Nancy Wooden, President: 479-2035

Meets the last Wednesday of the month at 7:00 pm at Captain William Spry Community Centre and represents the interests of residents of Spryfield.

### **Teen Health Centre J. L. Ilesley High School**

38 Sylvia Avenue, Halifax, NS B3R 1J9

Marie-Rose Lesperance: 479-4612 ext 570 1107

marierose@staff.ednet.ns.ca

[www.jlihs.ednet.ns.ca/](http://www.jlihs.ednet.ns.ca/)

The Centre located at JL Ilesley High School provides confidential youth-centred services with accurate and non-judgemental information. The services provided support youth in making decisions about their personal health and well being. The Public Health nurse in the Youth Health Centre works in partnership with youth, school staff, and community to optimize health outcomes for youth.



### **Theatre Arts Guild at the Pond Playhouse**

6 Parkhill Road, Halifax, NS B3P 1R3

Phone: 477-2663

info@tagtheatre.com

www.tagtheatre.com

Mail: 287 Lacewood Drive, Unit 103, Suite 412, Halifax, NS B3M 3Y7

The Theatre Arts Guild is proud to be the country's oldest community theatre with a record of continuous operation. The Guild was founded in 1931 and has presented entertainment each year since then. During the war years there was a change of activity from plays to concert parties, held for the troops stationed in Halifax before their deployment overseas. TAG's season runs from September through July, during which five shows are presented. These range from musicals to comedies, mysteries and dramas, with an ever-popular pantomime during the Christmas period. The season is supplemented by workshops, poetry readings and an annual members' variety night. The Guild has never wavered in its mandate 'to promote the study, practice and knowledge of the dramatic and musical arts in the city of Halifax and the neighbourhood,' as its Act of Incorporation states, and remains a true community resource, offering the theatrical experience to both onstage and backstage participants – all on a totally volunteer basis. Charitable receipts.

### **Urban Farm Museum Society & Come Grow With Us Program**

16 Sussex Street, Halifax, NS B3R 1N9

Phone: Patricia MacLean 477-6087

jamac@ns.sympatico.ca

www.urbanfarmspryfield.com

Meeting the 2nd Monday of the month at 7:00 pm at the Captain William Spry Community Centre

The Urban Farm Museum Society promotes rural traditions in urban places. We do this through education and food production by bringing youth, seniors, and families together. We are reviving the farming heritage of Spryfield by creating a working farm museum in the heart of our community. *Come Grow With Us* Family Gardening Program, Tuesdays 6pm – 7:30 pm, May to September; Seedy Saturday in March; Plant Sale in May; Evenings in the Garden in the summer; and Harvest Fair in September. Volunteers always welcome, as there is a lot to do! Charitable receipts.

### **Victory Baptist Church**

Pastor Gerald Mosher

817 Herring Cove Rd, Halifax, NS B3R 1Z1

Phone: 477-7898

geraldmosher@eastlink.ca

<http://comeanddine.tripod.com>

Weekly Bible study. Missionary projects. Nursing Home services. Sunday service. Charitable receipts.

### **VON of Greater Halifax Volunteer Programs**

Community Support and Volunteer Services

Phone: 455-6655

kim.henry@von.ca

Senior Info, Frozen Favourites Program, VON Transportation Program,

Palliative & Supportive Care Program, Volunteer Visiting Program,

Breakaway Program

[www.greaterhalifax.ca](http://www.greaterhalifax.ca)

### **Volunteer Doula Program**

3 Sylvia Avenue, Halifax, NS B3R 1J7

Phone: 479-0508

doula.spc@ns.sympatico.ca

The Doula Program has peer volunteers to support pregnant women before, during and after birth.

### **Western Region Community Council**

Municipal Clerk's Office, P.O. Box 1749, Halifax, NS B3J 3A5

Chris Newson

Phone: 490-6732

Fax: 477-4810

newsonc@halifax.ca

[www.region.halifax.ns.ca](http://www.region.halifax.ns.ca)

Serves districts 22, 23 and that portion of district 18 in the former County of Halifax. Meets fourth Monday of the month.

### **William King Elementary School**

Principal: Stephen Driscoll [sdriscoll@hrsbc.ca](mailto:sdriscoll@hrsbc.ca)

Vice-Principal: Trevor McGowan [tmcgowan@hrsbc.ca](mailto:tmcgowan@hrsbc.ca)

Admin. Assistant: Hazel Bowers

91 St. Paul's Avenue Herring Cove, NS B3V 1H6  
Phone: 479-4200 Fax: 479-4208  
Safe Arrival: 479-4207  
wkes@staff.ednet.ns.ca  
<http://wkes.ednet.ns.ca>  
Grades Primary to 6

**Williams Lake Conservation Company**

15 Wenlock Grove, Halifax, NS B3P 1P6  
Anne van Maltzahn Phone:477-3353  
Kathleen Hall: 477-4159  
avmaltzahn@williamslakecc.org  
[www.williamslakecc.org](http://www.williamslakecc.org)

Volunteer registered non-profit society formed in 1968 for the purpose of protecting the quality of Williams Lake for the benefit of the general public.

**Williamswood Minor Ball**

22 Steven Murphy Drive, Williamswood, NS, B3V 1C5  
Craig Campbell: 475-1662  
Tim Rose: 475-1232

Organized baseball for children and youth ages 5 to 12 years. Season runs from October to April. Registration begins in September.

**Women's Employment Outreach**

Donna Snair: 422-8023  
Fax: 425-7449  
admin@womensemploymentoutreach.org  
<http://www.womensemploymentoutreach.org/>

Women's Employment Outreach (WEO) has consistently provided a range of free services to women who are unemployed, nearing unemployment, on stress-related leave or looking for a career change. Services range from individual counselling on employment strategies and retraining possibilities and career decision-making to workshops on building self-confidence and job search skills.

**YMCA of Greater Halifax/Dartmouth**

2269 Gottingen Street, Halifax, NS B3K 3B7  
Registrar: 425-9622 Fax: 423-8530  
[www.ymcahrm.ns.ca](http://www.ymcahrm.ns.ca)

Care is provided for 5 days/week. In-service care is also available for the Lunch and after-school programs. Registration is done through the YMCA office not the school (3pm to 6pm) programs provided at John W. MacLeod/Fleming Tower Schools, 159 Purcell's Cove Road.

### **YWCA Halifax**

358 Herring Cove Road

B3R 1V8

Phone: 423-6162

Fax: 423-7761

Child Care Hotline : 404-YWCA

website: <http://www.ywcahalifax.com>

YWCA Halifax is a turning point for women and enables families to thrive. YWCA Halifax builds economic security, promotes wellness and creates opportunities for women, girls, and their families by providing a strong voice and integrated services.

YWCA Halifax is for, by and about women and girls. YWCA Halifax transforms lives by providing a continuum of critical services and programs that build capacity for lasting positive change. YWCA Halifax strives to change the underlying causes and issues that are the root causes of inequality, violence, poverty, and homelessness.

YWCA Halifax's programs move women from violence to resilience, from homelessness to hope, from poverty to possibility, enables families to thrive and empowers women.

### **Young at Heart Seniors Club**

President: Edna White

212 Herring Cove Road, Halifax, NS, B3P 1L2

Edna White: 477-4856

Meeting first Tuesday of each month at 1:30 PM. Other activities include; dances first Saturday of the month 8:00 PM (all other Saturdays 1:30-4:30 PM), Young at Heart Singers meet the 2nd, 3rd and 4th Tuesdays at 1 PM, cribbage Thursdays at 1:15 PM, and darts Thursdays at 7:30 PM. Bingo is held at the club on the first Sunday of the month. Some dinners and banquets are held at the club during the year.

### **Youth Employment Strategy**

Head Office:

140 Promenade du Portage,

Phase IV, 4D392,  
Mail Drop 403  
Gatineau (Québec) K1A 0J9  
Attn: Youth Operations Directorate  
Youth Info Line: 1-800-935-5555  
Fax: 1-800-585-5336  
Youth Summer Work Experience phone: 426-9617  
<http://youth.gc.ca>

The Youth Employment Strategy is the Government of Canada's commitment to help young people, particularly those facing barriers to employment, get the information and gain the skills, work experience and abilities they need to make a successful transition to the workplace.

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