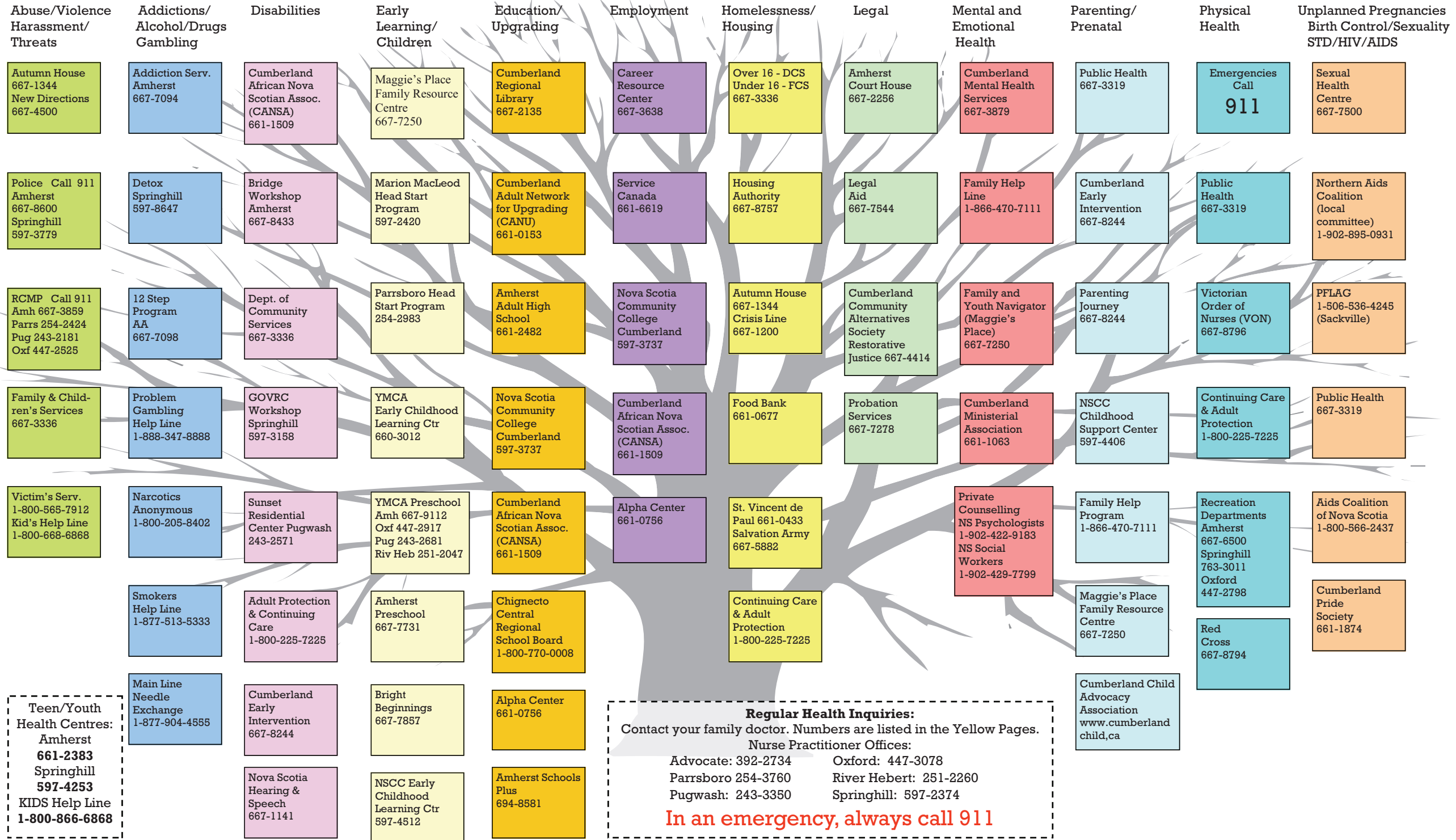


# The Cumberland County Helping Tree



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**12 Step Program AA** - provides a support program for people with alcoholism interested in a mutual aid.

**Amherst Adult High School (AAHS)** - provides learners with an academic Nova Scotia High School Graduation Diploma. Learners must be 18 years & out of school 1 year. Free tuition.

**Addiction Services** - community based offices offering individual and group counseling for people affected by their own, or someone else's addiction to alcohol, drugs or gambling. We also offer prevention programming for the community.

**AIDS Coalition of Nova Scotia** - HIV education and prevention initiatives in Nova Scotia - promoting a community response to HIV/AIDS, advocacy and education.

**Alpha Center** - Delivers outreach programs and services such as affordable housing, food/clothing, youth programs, educational programs and skill development to benefit marginalized individuals.

**Amherst Preschool** - preparing children for school socially, emotionally and intellectually. Providing structure and focusing on listening and language skills.

**Amherst Schools Plus** - coordinates services for referred students and their families using a collaborative inter-agency approach. The goals are to improve student engagement and school success, ensure timely access to services and prevent difficulties by proactively supporting students and families.

**Autumn House** - shelter for abused women and their families. Individual and group counseling for women are offered as well as support for children witnessing domestic violence. New Directions is counseling for men.

**Bright Beginnings Child Care Centre** - we offer subsidized child care for children between the ages of 18 months and 8 years of age. Full and part time spaces are available.

**Bridge Workshop** - located in Amherst, vocational day program for mentally challenged adults.

**Career Resource Centre** - employment assistance service providing information and technology to unemployed and the underemployed. Assisting individuals with their job search, career change or education research.

**Chignecto Central Regional School Board (CCRSB)** - a local contact for any issue regarding a Cumberland County school from grades Primary through 12.

**Cobequid Housing Authority** - provides safe, affordable housing to senior citizens (58+ years) and low income families throughout Cumberland and Colchester counties.

**Continuing Care & Adult Protection** - assists in accessing home care, long term care (nursing homes or residential care facilities) and adult protection services - also protection for vulnerable adults (ages 16+)

**Cumberland Adult Network for Upgrading (CANU)** - provides adult learners (19 years & older) an opportunity to improve their skill level to work towards a grade 12 diploma or write the GED. Tuition is free.

**Cumberland African Nova Scotian Association (CANSA)** - employment & counseling services for persons facing barriers to employment. CANSA targets all citizens with special emphasis on African Nova Scotians, persons with disabilities & youth.

**Cumberland Child Advocacy Association** - serves as a link between the community & DCS and collectively between citizens & the Minister of Community Services.

**Cumberland Community Alternatives Society** - volunteer organization providing community based services to youth and adults in conflict with the law as well as victims of crime in the county.

**Cumberland Early Intervention Program** - a family centered organization that serves children with special needs (birth to school entry) and their families in homes and communities. Through education, advocacy and partnership, we promote potential and build a positive view of the future.

**Cumberland Ministerial Association** - members of the clergy representing many churches.

**Cumberland Pride Society** - a non-profit group which focuses on educating and enabling the community to accept gay, lesbian, bisexual transgendered individuals. www.cumberlandpride@hotmail.com

**Cumberland Regional Library** - offers free public library service in Cumberland County.

**Cumberland YMCA Early Learning Center** - full time childcare for children ages 18 months to 5 years.

**Department of Community Services (DCS) & Family and Children's Services (FCS)** - provides services for children (including child protection), youth & families. Funding for children with special needs and early intervention services. Programs to support people with disabilities. Employment support and income assistance. Housing services such as home repair grants and subsidized housing options.

**Detoxification** - inpatient unit offers withdrawal management from substances, relapse prevention and recovery planning through the Addiction Education program.

**Family and Youth Navigator** - offers short-term counseling, mentoring and coaching, assistance with youth engagement and referrals to other agencies.

**Family Help Program** - treatment for families and children with specific childhood problems (behavior, anxiety, bedwetting, pain) in the comfort and privacy of home with support manuals, videos and a telephone coach based at the IWK.

**Food Banks** - provides food & support to the needy thru partnership with churches, individuals, businesses & service clubs.

**GOVRC Workshop** - located in Springhill, providing vocational training for mentally challenged adults ages 21 and up. **Kids Help Line** - for children & youth, a 24 hour a day, 7 days per week free and confidential service. www.kidshelpline.ca

**Legal Aid Nova Scotia** - staff of lawyers who provide family, criminal & youth legal services to those who qualify financially.

**Maggie's Place Family Resource Centre** - provides playgroups, prenatal programs, parenting programs, low cost nutritional cooking programs, childcare information and early language and learning activities. Programs are free of charge.

**Mental Health Services** - a community based multi-disciplinary team offering prevention and community education, assessments, counseling, referrals, family and group therapy, accessible be referral from doctors, nurse practitioners, and/or community agencies.

**Narcotics Anonymous** - a 12 step program for people seeking mutual aid for drug addictions.

**Northern AIDS Coalition** - promotes the health and well being of persons living with and affected by HIV/AIDS and assists in reducing the spread of HIV through education, support and advocacy in northern Nova Scotia.

**Nova Scotia Community College - Cumberland Early Childhood Development Support Centre** - offering resource and training support to early learning and childcare professionals, students, parents and the community.

**Nurse Practitioners:**

Advocate: 392-2734	Oxford: 447-3078
Parrsboro: 254-3760	River Hebert: 251-2260
Pugwash: 243-3350	Springhill 597-2374

**Parents and Friends of Lesbians and Gays (PFLAG)** - support meetings for gay, lesbian, bisexual, transgender, transsexual, two-spirit, intersex, queer or questioning (GLBTT21QQ) or those who care about someone who is.

**Parenting Journey** - offers support to families with children, ages 3 - 16, with parenting challenges and behavior issues.

**Private Counseling Services** - available by self-referral for which one pays and or by use of Employee Assistance program which is paid for by one's employer.

**Probation Services** - complete pre-sentence reports, temporary absence reports, re-integration leave reports, make referrals to restorative justice, community service order and fine option programs, supervise youth & adults who are serving community-based dispositions, and adult diversion program.

**Problem Gambling Help Line** - a 24 hour phone support service open 7 days per week. People experiencing problems with gambling can receive phone counseling, referral support and information on community services.

**Public Health** - a multi-disciplinary team of health promotion coordinators, nurses, nutritionists, dental hygienists, home visitors and more. Providing immunizations, home visits, breast feeding support, prenatal classes, health promotion information, support and more.

**Recreation Department** - provides program and grant information to families on recreation and leisure opportunities.

**Red Cross** - provides health care equipment short term loans. Help with house fire emergency support, First aid and water safety programs.

**Salvation Army** - sell clothing and household items to raise money to give back to those in need in Cumberland County.

**Service Canada** - brings a range of federal services together to meet individual needs and offers a range of services and benefits for all Canadians including youth, working age adults, families, employers, seniors and persons with disabilities.

**Sexual Health Centre** - promoting healthy sexuality across the life span. Lending library (including parent kits, menopause kits), classroom presentations, community workshops (including parenting programs, self-esteem workshops for adolescent girls), individual guidance and referrals. Free pregnancy testing and condoms.

**Smoker's Help Line** - people will receive support and tips for quitting smoking.

**St. Vincent de Paul** - may provide financial support in crisis.

**Sunset Community** - offers supported living options to adults also day programs and work placements.

**Provincial Victim Services Program** - provides information, support and assistance to victims of crime (or the spouse or relative of a victim) as the case moves through the criminal justice system, information on the criminal justice system, your court case and preparation to testify in court.

**Victorian Order of Nurses (VON)** - provides in home health services, nursing and home support. Foot care clinic, meals on wheels, adult respite program, safety check and advance directive veil.

**YMCA Preschool** - childcare program focuses on developing the whole child by providing a carefully planned, semi-structured environment.

**Youth Health Centers** - locations in Amherst Regional High School and Springhill Junior/Senior High School. A youth focused center to provide health support to any youth in or out of school up to 19 years of age.