**Lunenburg-Queens Services**

**During COVID 19: WAVE 3**

***Please note: All community updates are provided by the service providers themselves.***

***To provide an update:***

1. ***Copy the format below***
2. ***Update information***
3. ***Send in the body of an email to*** [**Rebecca.Guest@nshealth.ca**](mailto:Rebecca.Guest@nshealth.ca)

**Wave 3 updates are highlight in GREEN.**

**A**

**Updated April 28, 2021**

**Alcoholics Anonymous (AA) Meetings:**

**Contact:** refer to website

**Website:** <https://aa.org/>

**Location:** various below

*Service Changes:*

* In person AA meetings have a limit of 10 people with social distancing and masking in place.
* **SOME GROUPS MOVED TO ZOOM:** Visit website for details

**Narcotics Anonymous (NA) Meetings**

**Contact:** [www.centralnovaarea.ca](http://www.centralnovaarea.ca)

**1-800-205-8402**

* Visit website for details.

**Updated July 6, 2020**

**Autism Nova Scotia – South Shore Chapter:**

**Contact**: Rachel Whynot, Autism Support Coordinator  
[southshore@autismns.ca](mailto:southshore@autismns.ca)   
902-514-7489

**Website:** <http://autismsouthshore.ca/>

*Service Changes:*

* Our office remains closed to the public until further notice. All programs, supports and services are virtual. Please contact Rachel by phone or email The following programs have been developed to meet the current needs of our community:
* **Family Connections Group**:  The group meets on the 1st and 3rd Tuesday of every month from 3:00-4:30 on Zoom.  If you are interested in joining, please contact Rachel at [southshore@autismns.ca](mailto:southshore@autismns.ca)
* **Teen/Adult Virtual Club**: Autism Nova Scotia is offering a online/over the phone social program to help provide social opportunities for teens and adults with autism.  This program is open to teens and adults with autism across Nova Scotia. Dates: Wednesdays 5:00-6:30 (Teens) 7:00-8:30 (Adults)
* **Virtual Trivia Club:** Autism Nova Scotia's Virtual Trivia Club will host video call trivia games weekly on Tuesday afternoons. Attendees will join the call either online or over the phone. From there the Trivia host will commence the trivia game. Dates: Tuesdays 1:00-2:00 (Teens) 3:00-4:00 (Adults)
* If you would like to join one of these programs, or have questions please email Caitlyn at [ctemple@autismns.ca](mailto:ctemple@autismns.ca)
* ANS will be updating virtual social programs throughout the month; please visit <http://www.autismnovascotia.ca/social-and-inclusive-programming> for updates
* COVID-19 And Autism Related Resources : VISIT <http://www.autismnovascotia.ca/covid19>

**B**

**Updated April 28, 2021**

**Bridgewater Justice Centre:**

# Contact: 902-543-4676

**Website:** <https://www.courts.ns.ca/>

# Location: Provincial COURTS Bridgewater Provincial Court

141 High St, Bridgewater, NS B4V 1W2

*Service Changes:*

* Still waiting on further communication from the Supreme Court
* All Court matters are occurring remotely, no in-person participation
* All Court inquiries should be made by telephoning the main line 902 543-04679.  If members of the public have to do business with the Court we will make an appointment to do so.
* Mandatory masks are required to enter the courthouse and Sheriff Services will screen everyone at the door before entry.
* Collecting names and numbers at the front counter for contract tracing purposes.  This practice will ceases once we return to a recovery mode.
* The Court Administration office is open and staffed Monday through Friday 8:30 – 4:30.

**C**

**Updated July 7, 2020**

**Canadian Mental Health Association:**

**Contact:** 902-466-6600 or Toll Free 1-877-466-6606

Director:Pamela Magee 902-466-6600 ext 203

Email: pamela@novascotia.cmha.ca

**Website:** https://novascotia.cmha.ca/

**Location:** 45 Alderney Drive, Suite 200, Dartmouth, Nova Scotia, B2Y 2N6

*Service Changes:*

* FREE newly created COVID-19 virtual Information – Wellness Resource Hub <https://caringtogether-cmhans.ca> providing the latest information and resources regarding COVID-19, contains links to wellness resources and activities to support their health, resilience and wellbeing during these uncertain times]
* Contact them if you have resources to add to the Wellness Hub; such as:
  + Facebook events
  + Online recreational activities
  + Activities to help keep children occupied and help parents cope during the work-from- home, work-day
  + Healthy lifestyle tips and ideas
  + Self-Care resources, tips and ideas

**Chester Transportation Society Community Wheels:**

**Contact:** 902-275-5585

**Email:** [commwheels@sswap.ca](mailto:commwheels@sswap.ca)

**Website:** <http://ruralrides.ca/services/chester-community-wheels/>

**Location:** 23 Collicutt Rd., Chester, NS, B0J 1J0

*Service Changes:*

* Municipality of Chester Transportation  Society Community Wheels are continuing service to ridership
* Using vans and bus which allows space for social  distancing (no booking travel in compact car)
* Following the lead from Health Canada guidelines as are other  RTA member organizations

**Community Café:**

**Contact:** Community CAFÉ on FacebooK

**Website:** Community CAFÉ on Facebook

**Location:** St Paul’s Lutheran Church Hall at 25 Phoenix Street, Bridgewater

*Service Changes:*

* Take out ONLY Wednesdays 5-530pm

**Updated April 28, 2021**

**Community Links:**

**Contact:** Karen Field, Regional Coordinator for Lunenburg/Queens

[Karen.Field@nscommunitylinks.ca](mailto:Karen.Field@nscommunitylinks.ca)

**Location:** 902-543-1415

*Service Changes:*

* None reported

**Updated August 24, 2020**

**Correctional Services:**

**Contact:**902-543-4721 (Bridgewater)

                   902-354-5532 (Liverpool)

Email: [raeann.fleury@novascotia.ca](mailto:raeann.fleury@novascotia.ca) (Liverpool Probation)

**Website:**<https://novascotia.ca/just/Corrections/Community_Offices.asp>

**Locations:**Provincial Building, 99 High Street, Suite 216, Bridgewater

76 Water Street, Liverpool

*Service Changes:*

* Offices have remained open throughout and all staff are now working back in the office while following Public Safety Guidelines
* Scheduling more in office appointments with clients, while also continuing work with clients virtually (via telephone, no online services at this time)
* Covid screening takes place with all clients before they come into the office
* As per Public Safety Guidelines, masks are required for anyone entering the office
* Meetings with outside agencies are happening again while following safety protocols
* All offices equipped with proper PPE and cleaning supplies

**D**

**Updated Sept 15, 2020**

**Department of Community Services:**

**Contact:** General Inquiries 902-543-5527  
Child Welfare Services 902-543-4554  
**Website:** <https://www.novascotia.ca/coms/department/contact/WesternOffices.html#lunenburg>

**Location:** Provincial Building, 99 High Street, Bridgewater, Nova Scotia, B4V 1V8

*Service Changes:*

* **Child Protection** remains an essential business function, and all Community Services offices are operational.
  + **If someone suspects a case of child abuse or neglect**, there is a duty to report, either through your local DCS office or by calling **1-866-922-2434.**
* **Disability Support**
* All residential care facilities licensed under the Homes for Special Care Act - including Long Term Care Facilities and licensed Disability Support Program funded residences are open to essential visitors only following safety protocols in place.
* All Care Coordinators equipped with proper PPE and cleaning supplies.
* DCS continues to pay core funding to Adult Service Centers and they, in turn, are supporting participants in community in a host of wonderful ways.
* DCS has increased amount of respite funding available in the Disability Support Program in order to help families get the support they need during these unusually challenging times.
* **Respite Services** is making a policy exception to provide any family already in the Direct Family Support (DFSC) for Children or Flex Funding (Flex at home living with Family and Flex Independent) program with additional respite funding (above their current approved level)
  + This can be used to assist with support while schools and Day programs are closed
    - Phone: 902 541 8233
    - Cell:  902 514 7489
    - Web Site: [www.autismsouthshore.ca](http://www.autismsouthshore.ca/)

**Updated April 29, 2021**

**Support for Income Assistance Clients:**

* Income Assistance moved back to vital teams for a minimum of two weeks.  This will mean a small number of staff at the office and remainder working from home.
* Clients are still encouraged to reach out to their regular workers, leave a message if needed.  They can also contact the phone service.

**E**

**Early Years:**

**Contact: 902-543-0850**

**Website:** <https://novascotia.ca/dhw/healthy-development/enhanced-home-visiting.asp>

**Location:** 215 Dominion Street, Suite 200, Bridgewater, NS, B4V 2K7

*Service Changes:*

* Western Zone Public Health Early Years staff are actively engaging in social distancing to minimize risk to families and communities
* Continue provide Public Health support to families in the Western Zone
* Effective March 17, 2020 modified service delivery to support families through remote communications rather than in person hospital and home visits
* In hospital prenatal and postpartum **Early Years Public Health** screening will temporarily be suspended
* Screens will be completed by telephone
* **Public Health Nurses (PHN’s)** will use their assessment and judgement to determine if a postpartum home visit is deemed necessary to support the short term needs of families
* For families currently engaged in the **Enhanced Home Visiting Program** Community Home Visitors will provide support by phone, email or through a virtual connection

**Updated August 7, 2020**

**Employment Solutions:**

**Contact:** See Below

**Website:** <https://empsolutions.ca/>

**Location:** [See](https://www.bing.com/local?lid=YN1186x245527244&id=YN1186x245527244&q=Employment+Solutions+Society+a+Nova+Scotia+Works+employment+services+Centre&name=Employment+Solutions+Society+a+Nova+Scotia+Works+employment+services+Centre&cp=44.370811462402344%7e-64.52558898925781&ppois=44.370811462402344_-64.52558898925781_Employment+Solutions+Society+a+Nova+Scotia+Works+employment+services+Centre&FORM=SNAPST) Below

*Service Changes:*

* Employment Solutions Society, Nova Scotia Works staff have returned to our centers in Bridgewater, Liverpool, Hubbards and Chester. For assistance with our free employment services through phone, email, or a virtual call please contact our office toll free at 1-866-711-0411 or email: [info@empsolutions.ca](mailto:info@empsolutions.ca)
* We are now scheduling in-person meetings and self-serve appointments by appointment only. Appointment times begin at 9am, 11am, 1pm, or 3pm. Visitors will have 1 hour. Our doors remain locked at this time. Our staff will greet you at the centre doors to inform you of our protocols and conduct a screening questionnaire.
* To schedule a time at our Bridgewater location please call 902-543-2479 or email [info@empsolutions.ca](mailto:info@empsolutions.ca)
* To schedule a time at our Liverpool location please call 902-356-2039 or email [khuskins@empsolutions.ca](mailto:khuskins@empsolutions.ca)
* To schedule a time at our Hubbards or Chester location please call 902-275-8178 or email [jlecky@empsolutions.ca](mailto:jlecky@empsolutions.ca).

**F**

**Food Banks/options:**

**Contact:** See below

**Website:** search on Facebook

**Location:** See Below

*Service Changes:*

* **Chester**: 101 Valley Road, Chester, NS, B0J 1J0
  + 902-275-5304
  + Foodbank open Wednesdays and will stay open as long as they have food
* **Bridgewater:** 150 Churchill Street, Bridgewater, NS, B4V 1S2
  + 902-543-1915
  + Open Tuesdays and Fridays 12:30pm-3:30pm
* **Lunenburg:** 283 Lincoln Street, Lunenburg, NS, B0J 2C0
  + Phone in order to be delivered ONLY 902-634-4035
  + New clients to call and register
* **Mahone Bay :** Mahone Bay Centre, 45 School Street, Mahone Bay, NS, B0J 2E0
  + 902-624-0890
  + Food Bank (2nd and 4th Tuesday of the month from 9:00-11:00)
* **New Germany:** 4960 Highway 10 **New Germany**, NS B0R 1E0
  + Wednesday (10-12)
  + As of March 17, 2020: Open usual hours \* Limited inside access \* Handing out pre-packaged bags at the door
* **Liverpool:** 344 Main Street, Liverpool, NS
  + 902-354-4894
  + Open Tuesdays from 10 am - 3 pm
* Food will be provided outside the building at all locations
* Also see “Souls Harbour” in below

**Faith and Religion:**

**Anglican Parish:**

**Contact:** Cherry Workman 902-354-3110

**Website:** Trinity Facebook page

**Location:** Queens

*Service Changes:*

* Church Buildings in the Anglican Parish of South Queens are closed at least until mid-May
* Worship is being recorded and aired through Trinity's Facebook page and via You Tube - Cherry Workman

**Updated April 28, 2021**

**Family Resource Centres: Lunenburg, Queens, Digby and Shelburne**

**Contact:** See below

**Website:** <https://www.southshorefamilyresource.org/>

**Locations:**

* Bridgewater – Better Together Family Resource Centre 902-543-3119
  + - Liverpool – Queens Family Resource Centre 902-354-7176
    - Shelburne – King Street Family Resource Centre 902-875-3256
    - Digby – The Family Centre 902-245-2300

*Services:*

* CLOSING to the public until May 12th inclusive
* Staff will continue to work in Centre to support families as they need
* Families are encouraged to reach out to their nearest centre.

**Updated July 14, 2020**

**Freeman House:**

**Contact:**902-543-7444 or Toll Free 1-877-882-7722

**Website:**[**FSAWNS.com**](http://FSAWNS.com)@FSAWNS on all platforms (twitter, IG, FB)

**Location:**48 Empire Street, Bridgewater, NS B4V 2N1

*Service Changes:*

* Freeman House is working at individual, community and system levels with the most vulnerable youth & families of our communities in support of Nova Scotia Government #PreventionMeasures to flatten the curve on #COVID19 for all. Freeman House continues to offer virtual services, and limited in-person meeting only as required.
* To connect with Freeman House **Youth Outreach**, you can text, call or email Corey and Josh:
  + Josh Goode 902 521-8486 [joshgoode.fh@gmail.com](mailto:joshgoode.fh@gmail.com)
  + Corey Wright 902 521-8995 [coreywright.fh@gmail.com](mailto:coreywright.fh@gmail.com)
* To connect with Freeman House **Family Connections**, you can text, call or email
  + Natasha MacSween 902 398-1055 [natashamacsween.fh@gmail.com](mailto:natashamacsween.fh@gmail.com)
* To connect with Freeman House **Mens Intervention**, you can text, call or email
  + Kristi Tibbo 902 521-1174 [chrishessian.fh@gmail.com](mailto:chrishessian.fh@gmail.com)
* To connect with our local **Housing First Housing Support/HomelessnessPrevention Program**, you can text, call or email
  + Donette Getson 902 212-1055 [donettegetson.fh@gmail.com](mailto:donettegetson.fh@gmail.com)
* To connect with Freeman House **Housing Support/Homelessness Prevention Program**
  + Cindy 902 521-5596 [lisaryan.rhdc@gmail.com](mailto:lisaryan.rhdc@gmail.com)
* In-person Supported Access to **Primary Health Care** is not available at Freeman at this time
  + Existing patients can be supported via phone and have prescriptions filled

**G**

**Gaming:**

**Contact:** 1-888-347-8888

**Website:** <https://gamblingsupportnetwork.ca/>

**Location:** n/a

*Service Changes:*

* The Gambling support network is available 24/7 by calling 1-888-347-8888, or by going to the website <https://gamblingsupportnetwork.ca/>
* They are connected with a clinical therapist either immediately or they are connected within 30 minutes
* Ongoing appointments offered
* Can request booklets of support for themselves or loved ones to be mailed to their homes
* Gamblers Anonymous 902-252-3132

**H**

**Updated August 7, 2020**

**Harbour House:**

**Contact:** 24-Hour Transition House Desk 902-543-3999 or Toll Free             1-888-543-3999

Email: [thw@harbour-house.ca](mailto:thw@harbour-house.ca)Administration    902.543.3665

Email: [executivedirector@harbour-house.ca](mailto:ed@harbour-house.ca)  
Outreach 902-543-9970

Email: [outreach@harbour-house.ca](mailto:outreach@harbour-house.ca)  
Child and Youth 902-543-9970

Email: [youth@harbour-house.ca](mailto:youth@harbour-house.ca)

**Website:** <http://harbour-house.ca/>

**Location:** not disclosed

*Service Changes:*

* Ongoing in house shelter services for women and children
* Stopped accepting in person donations
* Full masking policy for clients, visitors and staff (June)
* Support line available 24-7
* **Child and Youth and Womens Outreach** are working out of our offices at the shelter and are continuing to offer in person and virtual meetings
* Facebook page will post updates and can receive messages

Offering counselling and services via phone, text, or email.

**Updated September 10, 2020**

**Housing: Lunenburg Queens Homelessness Prevention and Housing Support Program**

**Contact:** Liz Ryan 902-521-5596

Rural Housing Development Coordinator

*Service Changes:*

* Continue to work to ensure those who are the most vulnerable to the pandemic are able to remain safe, connected, and cared for in their communities
* Busier than ever supporting local neighbors in relocating people experiencing homelessness into any locally available short-term housing, and, working together with partners across the Province, to help any local people who are able to exit temporary shelters and facilities where they could be at elevated risk of contracting the virus.
* Pausing the referral process temporarily in order to best support those currently on the caseload and waitlist.

**I, J, K,**

**L**

**Updated July 27, 2020**

**Library:**

**Contact:** 902-543-9222

**Website:** [www.southshorepubliclibraries.ca](http://www.southshorepubliclibraries.ca)

**Location:** 135 N. Park St, Bridgewater, NS

*Service Changes:*

* OPEN

**Updated April 29, 2021**

**Lunenburg County Seniors’ Safety:**

**Contact:** Office:902-543-3567

   Cell: 902-521-1506

   Email: [Chris.Acomb@bridgewaterpolice.ca](mailto:Chris.Acomb@bridgewaterpolice.ca)

**Website:** <https://novascotia.ca/seniors/senior_Safety_Programs.asp>

**Location:** Lunenburg County

*Service Changes:*

* The Lunenburg County Seniors’ Safety Program will not be carrying out home visits for the next 2 weeks.  Services continue to be available.

**M**

**Updated April 28, 2021**

**Mental Health and Addiction:**

**Contact:** See below for each program

**Website:** http://www.nshealth.ca/mental-health-addictions

**Location:** See below for each program

*Service Changes:*

* Virtual appointments are encouraged
* In-person visits are on a case to case basis
* We are operating at a 25% capacity
* Screening will take place at front desk for anyone that visits the location as well as two days prior through reminder calls for face to face visits
* Social distancing (6 feet) practiced with clients and coworkers
* Mandatory masking and visors for all staff
* Medical masks will be provided to all clients and supports when entering the building
* Groups are moving to virtual
* Any and all questions can be directed to 902-543-5400
* **Opioid Use Treatment**
  + TBA

# ICAN (Conquer Anxiety and Nervousness) – Anxiety Program (18 plus years of age)

* + People looking for help for anxiety and depression
  + This program provides adults with a manual or access to a secure website, skill demonstration videos, and weekly telephone support from a coach
  + This service is private and confidential and offered through the Strongest Families Institute.
  + To self-refer please go to: <https://login.strongestfamilies.com/folder/1963/>
* **Strongest Families Institute** is a not-for-profit corporation providing evidence-based services to children and families seeking help for mental health and other issues impacting health and well-being
  + Supporting families over the phone and Internet in the comfort and privacy of their own home.
  + Children and youth from 3-17 years of age:
    - Attention Deficit Hyperactivity Disorder
    - Oppositional Defiance Disorder
    - Anxiety Disorder
    - Nighttime Bedwetting *\*Dependent on funding*
  + Self-referrals can be made during this high anxiety providing time <http://strongestfamilies.com>
* **The Mental Health Provincial** Crisis Line is available **24 hours a day, 7 days a week** to anyone experiencing a mental health or addictions crisis or someone concerned about them, by calling **1-888-429-8167** (toll free)
* **Wellness Clinic: Fishermen’s Memorial Hospital**
  + Contact over the phone is strongly encouraged
  + If in person is necessary, social distancing and mask wearing will be practiced
  + 1-902-634-8807 ex 171-3228
  + Wellness groups are currently not being offered at the moment
* **Therapy Assisted Online (TAO) Self-Help**
  + <https://taoconnect.org/what_is_tao/ns/>
    - Calming your worry
    - Let go and be well
    - Interpersonal relationships and communication
    - Leave Your Blues Behind
    - Improving Your Mood
    - Evaluating Alcohol and other Drug Use
    - Pain Management

**N**

**National Student Loans:**

**Contact:** Toll Free 1 888 815-4514

**Website:** <https://www.csnpe-nslsc.canada.ca/en/home>

**Location:** National Student Loans Service Centre, P.O. Box 4030, Mississauga ON, L5A 4M4

*Service Changes:*

* Government of Canada has announced its plan to pause the repayment of Canada Student Loans until September 30th, 2020, with no accrual of interest
* Pending parliamentary approval, these measures will become effective March 30th, 2020
* This will include pre-authorized debits
* Up to date details at <https://www.csnpe-nslsc.canada.ca/en/home>

**Updated April 28, 2021**

**Native Council of Nova Scotia:**

**Contact:** 902-354-2751

**Website:** <http://ncns.ca/>

**Location:** 180 White Point Road, PO Box 2028, Liverpool, N.S, B0T1K0  
*Service Changes:*

* Working from home
* Contact with people through phone, email, Facebook, messenger, skype, etc.
* APTEC Case Manager: Albert Conrad: 902-523-4052
* CHIP Facilitator:  Diane Warner:  902-354-8177
* Education Director:  April Hiltz:  [aprilhiltz@eastlink.ca](mailto:aprilhiltz@eastlink.ca)
* Homelessness Facilitator:  Bonnie Francis: 902-350-2884
* Rural Native Housing Officer:  Tim Labrador: 902-350-1590
* Aboriginal Connection in Trades an Apprenticeship: Soni Ann Keans : 902-350-6631

**NS Early Childhood Development Intervention Services (NSECDIS):**

**Contact:** Toll Free 1-844-292-6730 Fax: 1-902-354-5004 (Liverpool)

Email: info@nsecdis.ca

**Website:** <https://www.nsecdis.ca/>

**Location: NSECDIS Central Office,** 276 Bedford Highway, Suite 104, Halifax, Nova Scotia, B3M 2K6

*Service Changes:*

* Services offered via phone, email and video conferencing
* Continuing to receive referrals through our Central Office
* Developmental Interventionists will continue to be in touch with families to provide remote consultation on child development, family support, case coordination and transition support (including school and pre-primary transitions)
* Please do not hesitate to contact if you have any questions regarding NSECDIS

**Updated July 7, 2020**

**Nova Scotia Legal Aid:**

**Contact:** 902-543-4658 or Toll Free 1-866-543-4658

**Website:** <https://www.nslegalaid.ca/updated-notice-about-nsla-services/>

**Location:** 202-141 High Street, Bridgewater, NS, B4V 1W2

*Service Changes:*

* Office is open by appointment only (no walk-ins).
* Continue to do as much as possible remotely/by telephone; however, can do in-person appointments where necessary and safe to do so.
* Staff and lawyers are working partially from home (rotating in-office schedule), but remain accessible by phone and email whether in office or at home.
* Potential clients should continue to apply online at [www.nslegalaid.ca](http://www.nslegalaid.ca) or call numbers above if no access to internet.
* Courts now require non-medical masks be worn in all common areas – more info: <https://www.courts.ns.ca/News_of_Courts/COVID19_Preventative_Measures.htm>.

**O**

**Updated May 6, 2021**

**Our Health Centre:**

**Chester Community Clinic** at OHC **902-275-4414** PRESS OPTION 2  
**Walk-In Clinic** **902-273-2098**  
**OHC Administration Office** **902-275-3847**

**Website:** <http://www.ourhealthcentre.ca/>

**Location:** 3769 Highway # 3, Chester NS B0J 1J0

***Walk-in Clinic hours for May***

***PLEASE do not come to the second floor walk-in clinic if you do not have an appointment. During the pandemic all appointments must be booked over the phone-***

***please leave a message & calls will be returned at least 1 hour before the shift begins.***

***1-902-273-2098***

**Tuesdays** *May 11th,18th &25th*

* + - *10am-2pm*

**Thursdays** *May  6th, 13th, 20th & 27th*  

* *9:00am-1:00 pm*
* *4:30-8:30 pm*

**Saturdays** *May 1st,8th,15th,22nd,29th*

* *9:00am-1:00pm*

**You must wear a mask – please bring one with you**

**NS Health Services @ OHC**

***NSH Primary Care clinic on the first floor at OHC  :***

* PLEASE call 1-902-275-4414  **OPTION 2** do make an appointment

***NSH Mental Health & Addiction Services- first & second floors at OHC  :***

* The  Opioid Use Disorder Clinic are on Monday afternoons. Call 902-634-8807 X 1713307 for more info or to book an appointment
* For other Mental Health & Addictions services please call the Bridgewater office intake line 1-902-543-5400 or 1-855-922-1122

***NSH Continuing Care- second floor at OHC:***

* Staff may be working from home ; if you have questions or concerns please call the intake line  1-800-225-7225

***NSH Public Health -second floor at OHC:***

* Staff will be working from home; if you have questions or concerns  please call  1-902-275-3581; 1-902-634-4014 or 1-902-543-0850

***NSH Blood Clinic -first floor at OHC:***

* Call 1-833-998-2722 between 7 am – 5 pm Monday to Friday to book an appointment at one of the South Shore Hospitals

***NSH Diabetic Clinic: first floor at OHC:***

* Please call 1-902-624-7338 for an update on the satellite services offered  at OHC

***NSH Smoking Cessation Program- second floor at OHC:***

* To minimize the risk of exposure, groups will continue to be temporarily suspended. Individual services will; be offered by telephone or Zoom. If you would like to self-refer, please call Caelin Campbell 1-902-527-5083

**P, Q. R**

**S**

**Salvation Army**

**Contact:** 902-543-0356

**Website:** <https://salvationarmy.ca/>

**Location:** 215 Dominion St, Bridgewater, NS B4V 1N2

*Service Changes:*

* By appointment only
* Call 1-902-543-0356

**Updated May 6, 2021**

**Schools-Plus:**

**Contact:** See Below

**Website:** <https://www.ednet.ns.ca/schoolsplus/en/what-schoolsplus>

**Location:** SSRCE schools

*Service Changes:*

* SchoolsPlus staff will continue to support students and families virtually or by phone.
* We continue to accept referrals via contacting the SchoolsPlus Facilitator/ Parent Navigator although no home visits will occur until the lockdown is over.
* We continue to work from our schools or our homes depending on what is needed.
* SchoolsPlus Facilitators/Parent Navigators:
* Linda Jensen-Bridgewater, Newcombville, Petite Rivier and Mahone Bay Schools 902 521 9817 [ljensen@ssrce.ca](mailto:ljensen@ssrce.ca)
* Shannon Vincent-Queens County, Hebbville, Pentz and Mahone Bay 902 523 1451 [svincent@ssrce.ca](mailto:svincent@ssrce.ca)
* Colleen Myra-New Germany, West Northfield and Chester Area 902 523 4360 [cmyra@ssrce.ca](mailto:cmyra@ssrce.ca)

**Updated April 28, 2021**

**Second Story Women’s Centre:**

**Contact:** 902-634-3044

**Website:** https://www.secondstory.ca/

**Location:** [18 Dufferin St, Lunenburg NS B0J 2C0](https://www.bing.com/local?lid=YN1226x10766940871328075628&id=YN1226x10766940871328075628&q=Second+Story+Women%27s+Centre&name=Second+Story+Women%27s+Centre&cp=44.37929916381836%7e-64.3177261352539&ppois=44.37929916381836_-64.3177261352539_Second+Story+Women%27s+Centre&FORM=SNAPST)

*Service Changes:*

* CLOSED for in-person, virtual only

**Updated July 14, 2020**

**Senior Wheels:**

**Contact:** 902-543-2255

**Website:** <https://www.seniorwheels.ca/>

**Location:** 426 King St, Bridgewater, NS B4V 1A9

*Service Changes:*

* To book a ride please call 902- 543-2255
* All clients must wear a mask, if they don’t have one, they will provide them, 1 per trip
* The wheelchair ramp will not be used until further notice because of social distancing
* Scotia Business will book the pickups 1/2 hr. apart, instead of 20mins. This will give the driver time to prepare the bus for the next rider (cleaning etc.)
* Only 2 clients on the bus at the same time\
* They serve all seniors over the age of 60, handicapped and disabled persons of any age
* Serve the Town of Bridgewater and the Municipality of the District of Lunenburg within a seven- kilometer radius of the Town of Bridgewater boundaries
* Five days a week - Monday thru Friday from 8:00 A.M. till 12:00 P.M. and from 1:00 P.M. till 5:00 P.M

**Updated August 7, 2020**

**Service Canada:**

**Website:** <https://www.canada.ca/en/employment-social-development/corporate/portfolio/service-canada.html>

**Location:** 77 Dufferin Street, Bridgewater Nova Scotia B4V 3J1

*Service Changes:*

* Service Canada Centre Bridgewater is open for walk in clients who can not self-serve electronically.
* Encourage any clients who need Service to use online  (Canada.ca)  and phone channels
* Outreach activities are available virtually
* The Halifax location is also open for any clients who can not self serve electronically
* Other offices in the province are being prepared and will re-open in a phased manner with precautions

**Souls Harbour:**

**Contact:** search on Facebook

**Website:** search on Facebook

**Location:** 136 Pleasant Street **Bridgewater**, NS B4V 2L2

*Service Changes:*

* Drop In Cafe is Closed
* Bagged Lunches given out at the door for anyone in need
* Monday, Tuesday, Thursday and Friday between 1 and 3
* Must comply with social distancing 2 m or 6 feet at the door

**Updated May 7, 2021**

**South Shore Community Justice:**

**Contact:** See below

**Website:** n/a

**Location:** [129 Aberdeen Rd, Bridgewater NS B4V 2S7](https://www.bing.com/local?lid=YN1226x676112814582677349&id=YN1226x676112814582677349&q=South+Shore+Community+Justice+Society&name=South+Shore+Community+Justice+Society&cp=44.38420104980469%7e-64.51648712158203&ppois=44.38420104980469_-64.51648712158203_South+Shore+Community+Justice+Society&FORM=SNAPST)

*Service Changes:*

* All in-person work is paused until at least May 13
* Continue to accept Restorative Justice Referrals
* All reports and updates will be sent as usual
* Continue to connect with our clients via phone, text, email or video conferencing
* There are some instances where we may be able to move a Restorative Justice session ahead virtually (case-by-case basis)
* Adult referrals send to [ARJ.Bridgewater@novascotia.ca](mailto:XXXX@novascotia.ca)
* Youth referrals send to [sscjs@eastlink.ca](mailto:sscjs@eastlink.ca)
* To reach each staff member directly:
  + **Nicolle Lovett, Executive Director**

Email: [sscjs@eastlink.ca](mailto:sscjs@eastlink.ca)

Cell Phone: (902)298-4249

* + **Emily Tallon, Caseworker**

Email: [rjcaseworker@eastlink.ca](mailto:rjcaseworker@eastlink.ca)

Cell Phone: (902)298-3700

* + **Charlene Flint, Caseworker**

Email: [rjworkercharlene@eastlink.ca](mailto:rjworkercharlene@eastlink.ca)

Cell Phone: (902) 298-3700 (Charlene will have her own cell phone within the next week and I will update with that number at that time)

* + **Jane Lawrence, Office Admin**

Email: [officeadminjane@eastlink.ca](mailto:officeadminjane@eastlink.ca)

Main Line: (902)543-1841  - Jane will periodically be in the office and can check voicemails at that time

**Updated December 7, 2020**

**South Shore Sexual Health:**

**Contact:** (902) 527.2868 for phone calls and texts

Email: southshoresexualhealth@gmail.com

**Website:** http://www.sexualhealthlunenburg.com/

**Location: 109 Logan Road, Unit 1B (out back), Bridgewater**

*Service Changes:*

* In person presentations and events are temporarily limited
* Compassionate items - depending on funding and grants. Includes some forms of contraception, pregnancy tests, emergency contraception, menstrual supplies, and gender-affirming items.
* Drop in’s are still permitted when open and appointments can also be made.
* Please do not drop in if you are coming from a high risk area or have been exposed to Covid. Contactless delivery or pick up can be arranged.
* Door is locked. Ring doorbell and staff will perform Covid screening and invite you to sanitize your hands.

**Update May 6, 2021**

**SSWAP (South Shore Work Activity Program)**

**Contact:** 902-275-5585 or Email: [info@sswap.ca](mailto:info@sswap.ca)

**Website:** <https://sswap.ca>

**Location:** 23 Collicutt Road, Chester NS B0J 1J0

*Service Changes:*

* The building is closed to the public and all services are being offered virtually for participants enrolled in the program.
* Employees are working from home but are able to respond to emails.
* The telephone is checked daily for messages and calls are returned within 24 hours by the appropriate staff.

**T, U, V, W, X**

**Y**

**Updated July 14, 2020**

**YMCA**

**Contact:**902-543-9622 or 902-521-3599

**Website:**<https://ymcalunenburgcounty.org/>

**Location:**See below

*Service Changes:*

·         Lunenburg County YMCA (High Street location) is open to the public

            Check the website ymcalunenburgcounty.org for a list of programs and hours of operations

o or call  the Membership Desk at 902-543-9622

* + Contact Kim Roy, Centre Manager [kim.roy@ns.ymca.ca](mailto:kim.roy@ns.ymca.ca) for any inquiries
* YMCA King Street Youth Centre (king street location

o    OPENED  Friday July 3, 2020

o    Register in advance for all Youth Pro-grams on the day of programming by phoning the YMCA Membership Desk, 902-543-9622 and provide name and phone number. Programs are limited to 8 youth.

·         When you enter the Youth Centre, there will be new things to do to keep yourself and others safe and healthy:

Answer 3 questions about your health situation:

§  Do you have symptoms of COVID-19?

§  Have you been in contact with anyone who has tested positive for COVID-19?

§  Have you been outside of, or in contact with anyone outside of, the Atlantic Canada bubble in the last 14 days

§  Wash your hands.

§  Follow the arrows and social distancing protocol found throughout the centre.

§  Most of all be patient and kind. We are all navigating these new waters together and welcome back!

* + Youth Centre phone is checked several times a day (902) 530-3392

·         All youth programs are FREE

·         Pre-booking in advance required for all youth programs on the day of programs. To register, call the YMCA of Lunenburg County, Membership Desk, phone 902-543-9622

·         Limited to 8 youth participants

·         Location: YMCA King Street Youth Centre, 416 King Street, Bridgewater

·         Ages: 11—18 yrs

·         Fridays

o    Dinner & Movie

o    Time: 5:30—9:00

o    A chance for youth to gather, enjoy a home cooked meal and watch a movie together. All meals will be provided.

·         Saturday

o    Chill Zone

o    Time: 1:00—4:00

o    Come chill and enjoy all the youth centre has to offer! Pool table, air hockey table, foosball table, over 40 board games, Xbox, Wii, video games, Netflix, and free Wi-Fi.

·         Wednesday

o    Youth Leader Program

o    Time: 6:00—9:00

o    This program prioritizes leadership training through participation in skill development session, team-work, self-government and volunteer placement. Through workshops, guest speakers, activities, role playing, etc. Youth are engaged in present day issues, solution focused techniques, and skill building activities that will give them the tools they need to be the leaders of today.

·         For information on youth programs, please contact Kim Whitman-Mansfield, Youth Coordinator at 902-530-3392 or email: [kim.whitman-mansfield@ns.ymca.ca](mailto:kim.whitman-mansfield@ns.ymca.ca)

**Z**

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