



Information compiled and printed by:

Public Health Services
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**RESOURCES FOR NEW PARENTS IN
THE ANNAPOLIS VALLEY**



Low Income Housing

For low income housing, contact the Annapolis Valley Housing Authority website: <http://housing.novascotia.ca/>

Western Regional Housing Authority
(This includes the areas formerly covered by the South Short Housing Authority, the Annapolis Valley Housing Authority, and the Tri-County Housing Authority). Includes the Counties of Annapolis, Kings, part of Hants, Lunenburg, and Queen Regional Municipalities. Also includes Counties of Digby, Yarmouth, and Shelburne.

Head Office
25 Kentucky Court
New Minas, Nova Scotia B4N 4N1

Phone: 902-682-3179
Toll Free: 1-800-441-0447
Fax: 902-682-0806

Middleton Office
101 Magee Drive, Box 1000
Middleton, NS B0S 1P0

Phone: 902-825-3481
Toll Free: 1-800-564-3483
Fax: 902-825-6560

Bridgewater Office
99 High Street
Bridgewater, NS B4V 1V8

Phone: 902-543-8200
Toll Free: 1-888-845-7208
Fax: 902-527-1357

Yarmouth Office
10 Starrs Road, 2nd Floor
Yarmouth, NS B5A 2T1

Phone: 902-742-4369
Toll Free: 1-800-306-3331
Fax: 902-749-1258

Nova Scotia Department of Community Services

www.gov.ns.ca/coms

Western Region Office (Kentville) 902-679-6715
Kings District Office #1: 902-679-5146
*Prevention, Eligibility Review, Supports for
Adults, In Home Support for Children, Foster
Care Coordinator*
Kings District Office #2: (Child Abuse) 902-678-6176
Day Care, Income Assistance, Employment Supports
Digby Office: 902-245-5811
Annapolis District Office: 902-532-2337
Hants District Office: 902-798-8319

Western Region Family and Children’s Services

Offices:

Family and Children’s Services of Annapolis County
902-532-2337
Digby District Office, Department of Community Ser-
vices 902-245-5811
Family and Children’s Services of Hants County
902-798-2289
Family and Children’s Services of Kings County
902-678-6176
Family and Children’s Services of Lunenburg County
902-543-4554
Family and Children’s Services of Queens County
902-354-3525
Children’s Aid Society of Shelburne County
902-637-2337
Family and Children’s Services of Yarmouth County
902-742-0700

Helpline 1-877-521-1188

*(to connect you to appropriate resources; i.e.
parent support, mental health issues, food
and housing concerns, and other troubles
you are facing.)*

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Food Banks

Digby	902-245-2251
Annapolis Royal	902-532-5369
Bridgetown	902-665-2858
Nictaux	902-825-3966
Kingston	902-765-0303
Berwick	902-538-1996
Canning	902-582-3886
Kentville/New Minas	902-679-3664
Wolfville	902-542-0040
Hantsport	902-684-3563
Windsor	902-798-4313

Valley Care Pregnancy Centre

www.asafeplaceforme.com 902-678-6217
or 1-800-284-7740

Government Departments

MSI	1-800-563-8880
Vital Statistics	1-877-848-2578
Child Tax Credit	1-800-387-1193
GST	1-800-969-1956/1953
Employment Insurance (EI)	1-800-206-7218
Annapolis Valley Housing Authority	902-681-3179
or	1-800-441-0447
Western Region Housing Authority	902-825-3481
	1-800-564-3483

Pharmacare

Low Income Prescription Drug Coverage for Families
www.nspharmacare.ca 1-877-330-0323

Addiction Services

Addiction Services provides a range of services to Individuals, families, and communities who are experiencing problems with, or who are affected by use of alcohol, nicotine, other drugs, and gambling.

Berwick	902-538-3648
Digby	902-245-5888
Kentville	902-675-1700
Middleton	902-825-6828
Wolfville	902-542-6370
Windsor	902-792-2021

www.avdha.nshealth.ca/programs/addictions.asp

Nutrition Services

Registered dietitians are trained to help you with your food and nutrition needs. They offer individual or group sessions. You can meet with a dietitian to discuss healthy eating for all ages, healthy weights, food allergies/intolerances heart health, and more.

AVH Nutrition Line 1-888-642-8484

(Leave your question and an AVH Dietitian will return your call within 48 hours)

Dietitians

Annapolis Royal	902-532-2381 ext 149/173
Middleton	902-826-3411/228
Greenwood Family Clinic	902-765-6340
Berwick	902-538-7896
Kentville	902-679-2450
Wolfville	902-542-2271

If you have compliments, suggestions or concerns about the care provided at any of our facilities, or through our programs or services of **Nova Scotia Health Authority** please call our **Patient Satisfaction Line** at **1-902-679-2494** or **1-800-886-9757**

Loving Care is a series of four booklets for parents of children from birth to age 3, developed by Nova Scotia's Department of Health and Wellness. As a public health resource, **Loving Care** focuses on information that will help young families to protect, promote, or improve their health, and to prevent illness, injury, and disability. Every new parent will receive the set of booklets.

The booklets are also available online at <http://novascotia.ca/LovingCare>



HEALTH AND SAFETY

NS Community & Social Services Link 211

Non-Emergency Health Info & Services Link 811
To access non-emergency health information 24/7, dial
811 to speak to a registered nurse.
www.NSHealthLink811.ca

Public Health Services

Annapolis Royal	902-532-0490
Berwick	902-538-3700
Middleton	902-825-3385
Wolfville	902-542-6310
Windsor	902-798-2264

Public Health offers the following services through the Healthy Beginnings program:

- Prenatal Education & Support
- Home Visits
- Parenting & Child Health
- Breastfeeding Education & Support
- Immunization Information

Immunization Record Request Line 1-844-515-0675

Child Safety

Parachute (Preventing Injuries):

www.parachutecanada.org 1-888-537-7777

Poison Centre (or Poisoning Emergencies):

902-428-8161
or 1-800-565-8161

OTHER SUPPORTS

Annapolis Valley Doulas

Dawn Hare - 902-678-2446

Nova Scotia Hearing and Speech

Nova Scotia Hearing and Speech provides audiology and speech language pathology services available for all ages.

Kentville	902-679-3100
Middleton	902-825-6160/233
Windsor	902-792-2084

www.nshsc.ns.ca

Mental Health

Mental Health Programs provide services to people of all age groups with mental health concerns.

Canadian Mental Health Association

Kings Branch (Shelter Me Project) 902-679-7573

Mobile Crisis Line

	1-888-429-8167
Annapolis Royal	902-532-2889
Berwick	902-679-2870
Digby	902-245-4709
Kentville	902-678-7381
Middleton	902-825-4825
IWK Mental Health	902-470-8098

Follow-up for post partum depression

Crisis Response Line	902-670-3479
Windsor	902-798-2042

www.avdha.nshealth.ca/programs/mentalhealth.asp

Kids Action

902-582-1375

Kids Action provides outreach programs to families in Kings and Hants County, and offers transportation to all of their programs which are based on the communities needs.

Great Beginnings (Prenatal Nutrition Program) - (not available in Annapolis County)

Great Beginnings offers a wide variety of support, including prenatal programs, food boxes, cooking classes, infant parenting programs, breastfeeding support, and free transportation.

Sandra White - 902-670-5609

EARLY INTERVENTION PROGRAMS

Early intervention provides specialized services and support to the families of young children with special needs

Bright Beginnings

10 Middle Street, Lawerencetown, NS 902-584-2000

bbeip@ns.aliantzinc.ca
<http://www.nsnet.org/bbeip/>

Valley Child Development Association

P.O. Box 63, Kentville, N.S. 902-678-6111

vcda@ns.aliantzinc.ca
<http://www.nsnet.org/vcda/>

Youth Health

The Gold Door

284 Main St. Middleton, N.S. 902-825-4682

The Red Door

35 Webster Street, Suite 202, Kentville, N.S.
902-679-1411

The Portal

437 Main St, Kentville, N.S. 902-365-3773
Russ Sanch - 902-691-6556

Women's Health

Chrysalis House is a non-profit grassroots organization that provides shelter, support, counseling, advocacy, and outreach for abused women and their children. Services are available for women who have been psychologically, emotionally, physically, and/or sexually abused.

For more information please call 902-679-1922
or 1-800-264-8682

Women's Resource Centre

(serves Digby, Annapolis & Kings Counties)
228 St. George St, Annapolis Royal, N.S. 902-532-1898
or 1-877-392-8800



Infant Loss

Circle of Friends is a support group for families who have experienced a Pregnancy or Infant Loss.

Meetings take place every 2nd Wednesday of each month from 7:00—8:45 p.m. at the Eastern Kings Memorial Community Health Centre, Corner Group Room in Wolfville.

For more information call Public Health Services

Wolfville 902-542-6310

Berwick 902-538-3700



BREASTFEEDING SUPPORT

Breastfeeding Peer Support Group

Breastfeeding peer support groups are offered to help support women with the initiation and continuation of breastfeeding. These groups provide an opportunity for pregnant women and breastfeeding women to learn from trained peers how to manage breastfeeding concerns, share ideas, have questions answered, get to know the community, and enjoy a morning out. Information on the various groups in the Annapolis Valley can be found at:

[https://www.facebook.com/](https://www.facebook.com/AnnapolisValleyBreastfeedingSupportGroups)

[AnnapolisValleyBreastfeedingSupportGroups](https://www.facebook.com/AnnapolisValleyBreastfeedingSupportGroups)

or call 1-800-399-7119

New Mothers Resource Clinic

Cheryl Smith, Lactation Consultant

902-678-7381/3054

(offers breastfeeding support and classes)

Cheryl is in Middleton at Ambulatory Care, SMH Fridays

(flexible)

Public Health Services (see page 6)

LaLeche League Group meet at the Berwick Library every 3rd Friday of the month, 10 am - 12 Noon.

FAMILY RESOURCE PROGRAMS

Family Resource Programs offer a variety of programs and services based on the needs of their communities & including the following:

FAMILY RESOURCE PROGRAMS (continued)

Parent Education Programs	Literacy Programs
School Readiness	Play groups
Healthy Living	Family Advocacy & Support

For more information, please contact your local Family Resource Program.

Family Matters – Annapolis County Family

Resource Centre

10 Middle Street, Lawerencetown, N.S. 902-584-2210

familymatters@ns.sympatico.ca

1-800-399-7119

<http://www.family-matters.ca>

Greenwood Military Family Resource Centre

AVM Morfee Centre, School Road 902-765-5611

Greenwood, NS

1-888-739-0339

home@greenwoodmfrfc.ca

<http://www.greenwoodmfrfc.ca>

Kings County Family Resource Centre

503 Main Street, Kentville, NS

902-678-5760

family_centre@ns.sympatico.ca

<http://www.kcfrfc.ca>

Appletree Landing Community Centre

1063 J Jordan Road, Canning, NS

902-582-3086

Family Resource Centre of West Hants

10 Water Street, Windsor, NS

902-798-5961

frcfwesthants@ns.sympatico.ca

<http://www.frcfwfh.webs.com/>