

**West Hants Community Health Board
Presents**



2008 – 2009

**Resource Directory
for the Residents Of West Hants**



Capital Health

Emergency Numbers

Police	911	Ambulance	911	Fire	911
Hospital (ER)	792-2055	Poison Control	1-800-565-8161		

Non Emergency Numbers

Town RCMP	798-8366
Rural RCMP	798-2207
RCMP After Hours	1-800-803-7267
Hantsport RCMP	1-902-684-9020
Mount Uniacke Community Policing	1-902-866-7267
Non Emergency Ambulance Transfer	1-888-346-9999

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Alternate / Private Health Resources

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Animal Welfare

Department of Natural Resources	1-800-565-2224 or 798-2016
Happy Haven Wildlife Rehabilitation Facility	798-4768
SPCA	757-2000

Education

Annapolis Valley Work Activity Society	792-2212
Annapolis Valley Regional School Board - General Enquiries	1-800-850-3887
BEA (Black Education Association)	1-800-565-3398
BEA (Black Education Association) - Kentville	1-902-678-3390
Computer Literacy on the Move	798-0729
Hants Learning Network Association	798-6754
New Boundaries	798-5160
Welcome Wagon	798-8266
West Hants African Resource Centre	792-2941
West Hants Education Centre	792-2217
Windsor Adult High School	792-6751
Windsor Nursery School	7987-3280

Emergency

Ambulance, Police, Fire	911
Emergency Department (Hospital)	792-2055
Forest Fire	1-800-565-2224
Poison Control	1-800-565-8161
West Hants Ground Search and Rescue	684-3410, 684-9682, 684-9422

Employment

Employment Office	798-1819
Job Bank	1-800-827-0271
Job Resource Centre	798-5627
Ready Set Work (PeopleWorx)	792-2212

Environment

Avon River Heritage Society	757-1933
Avon Peninsula Watershed Preservation Society	792-0272
C.A.P.E. (Citizen's Action to Protect the Environment)	633-2513
Environmental Health Association of NS	1-800-449-1995
Envirosphere Consultants Limited	1-888-545-0553

Family Resources

Dept of Community Services	798-5707
Family and Children's Services Centre of Hants County	798-2289
Family Resource Centre of West Hants	798-5961
Hants Shore Community Health Centre	633-2110
Home of the Guardian Angel	1-902-422-7964

Fire Departments (Non-Emergency)

Brooklyn	757-2043
Gore	632-2293
Hantsport	684-9187
Kennetcook	362-2411
Mount Uniacke	866-2828
Noel	369-2088
Rawdon	632-2680
Summerville	633-2680
Walton	528-2092
Windsor	798-2121

Funeral Homes

J W Allen Funeral Home (Summerville)	1-902-633-2421
Lindsay Windsor Funeral Home	798-2232
Lohnes-Beazley Funeral Home	798-8317
Serenity Cremation and Funeral Specialist	1-902-542-4656

Government Departments

Canada Pension Office	1-800-277-9914
Department of Community Services	798-8319
Disabled Persons Commission	1-800-565-8280
Human Rights Commission	1-877-269-7699
MSI Medical Insurance	1-800-563-8880
Nova Scotia Department of Environment and Labour	1-902-424-5300
Nova Scotia Government Retirement Employees Association	1-800-677-8666
Nova Scotia Legal Aid	798-8397
Nova Scotia Department of Seniors	1-800-670-0065
Ombudsman	1-800-670-1111
Seniors' Pharmacare (Nova Scotia)	1-800-544-6191
Service Nova Scotia and Municipal Relations	1-800-670-4357
Veteran Affairs Canada	1-866-522-2122

Government

Scott Brison (MP Federal)	1-888-585-0550
Chuck Porter (MLA Provincial)	1-902-424-2731
Chuck Porter (Constituency Office)	798-5779
Hantsport Town Office	684-3211
West Hants Municipal Office	798-8391
Windsor Town Office	798-2275

Health Centres

Cobequid Community Health Centre	1-902-869-6100
Hants Community Hospital	792-2000
Hants Shore Community Health Centre	633-2110
Hants Youth Health and Resource Centre (Avon View High School)	792-6787
Hants Youth Health and Resource Centre (West Hants Middle School)	757-4114
IWK Health Centre	1-902-470-8888
QEII Health Sciences Centre	1-902-473-2700
Rawdon Hills Health Centre	632-2041
Valley Regional Hospital	1-902-678-7381

Health Information

Abilities Foundation of NS	1-902- 453-6000
AIDS Coalition of Nova Scotia	1-800-566-2437
Allergy and Environmental Health Association	798-4985
Alzheimers Society of Nova Scotia	1-800-611-6345
Arthritis Society	1-800-321-1433, 1-902-429-7025
Arthritis Society - Windsor	798-3306
Atlantic Sleep Apnea Services Inc	1-902-864-6076
Attention Deficit Association of Nova Scotia	1-902-869-1117
Birthright Pregnancy Services	1-800-550-4900
Brain Injury Association of Nova Scotia:	1-902-473-7476, 1-902-473-7301
Annapolis Valley	1-902-542-4289
Metro Halifax	1-902-832-4559
Canadian Blood Services	1-888-236-6283
Canadian Cancer Society	1-800-639-0222, 1-902-423-6183
Canadian Diabetes Association	1-800-326-7712
Canadian Liver Foundation	1-800-563-5483

Health Information (continued)

Canadian Mental Health Association (NS)	1-902-466-6600
Canadian National Institute for the Blind	1-800-565-5147, 1-902-453-1480
Canadian Paraplegics Association of NS	1-902-423-1277
Canadian Red Cross	1-888-577-7267
Canadian Red Cross Society (Loan of Equipment)	1-902-423-3680
Cancer Information Services (Canadian Cancer Society)	1-888-939-3333
Cerebral Palsy Association	1-902-479-0963
Crohn's and Colitis Foundation of Canada	1-800-265-1101
Deafness Advocacy Association Nova Scotia	1-902-425-0240
Eating Disorders (National Eating Disorder Information Centre)	1-866-633-4220
Epilepsy Association of Nova Scotia	1-902-429-2633
Heart & Stroke Foundation of Nova Scotia	1-800-423-4432, 1-902-423-7530
Huntington Society Resource Centre of NS and PEI (Halifax)	1-902-446-4803
Interpreters for the Deaf	1-902-429-5752
Kidney Foundation of Canada	1-800-889-5557
Lung Association of Nova Scotia	1-800-465-5864
Lupus Society of Nova Scotia	1-800-394-0125
Multiple Sclerosis Society of Canada	1-800-268-7582
Nova Scotia Environmental Health Association	1-800-449-1995
Osteoporosis Centre (VG Hospital)	1-902-445-2448
Parkinson Society Maritime Region	1-800-663-2468
Psoriasis Society of Canada	1-800-656-4494
Society of Deaf & Hard of Hearing Nova Scotians	TTY 1-902-423-3353, 1-800-516-5551
Speech & Hearing Association of Nova Scotia	1-902-423-9331
Spina Bifida and Hydrocephalus Association of NS	1-800-304-0450
The Self Help Connection	1-902-466-2011

Health Promotion

Addiction Prevention and Treatment Services (HCH)	792-2021
Hants West Community Resource Line (Information)	792-2272
Mental Health Community Workshops	792-2042
Nova Scotia Breast Screening Program	1-800-565-0548
Osteoporosis Centre (VG Hospital)	1-902-473-3723
Public Health Services	798-2264
West Hants Community Health Board	798-2210

Health Supplies

Canadian Medic Alert Foundation	1-800-668-1507
Canadian National Institute for the Blind (CNIB)	1-800-565-5147, 1-902 453-1480
Canadian Red Cross Society - Health Equipment Loan Service	1-902-423-3680
Medic Aid Response Systems	1-800-565-9135
New Women Prosthetics & Apparel	1-902-443-9925
Northwood Intouch (Personal Emergency Response)	1-800-461-3346
Philips Lifeline (Personal Emergency Response)	1-800-543-3546
Society of Deaf and Hard of Hearing Nova Scotians	1-888-516-5551, 1-902-422-7130

Help Lines

Addiction Prevention & Treatment Services	1-902-424-5623
Adult Help Line	1-902-421-1188
Adult Protection Services	1-800-225-7225
AIDS Hotline	1-902-425-2437
Alternatives (family counseling)	1-902-698-3444
Cancer Information Service	1-888-939-3333
Central Crisis Help Line	1-902-421-1188
Community Resource Line	1-902-792-2272

Help Lines (continued)

Gambling Problem Help Line	1-888-347-8888
Mobile Crisis Intervention Service	1-902-429-8167
NS Kids Help Phone	1-800-668-6868
Parents' Help Line	1-888-603-9100
Peace Makers	1-902-542-7718
Pregnancy Help Line	1-800-665-0570
Seniors Abuse Line	1-877-833-3377
Smokers' Help Line	1-877-513-5333

Home Care

Continuing Care (NS Dept of Health)	1-800-225-7225
Northwood Homecare	1-902-425-2273, 1-866-700-2273
West Hants VON	1-800-411-9646, 798-5355

Homes for Special Care

Dykeland Lodge	798-8346
Gladys Manning Retirement Home	798-0441
Haliburton Place	792-2026
Hants Community Homes	798-4375
Kings Meadows Residence Society	798-4657
Kingsway Gardens Retirement Society	798-5075
Real Residence Inc	472-2320, 866-6666
Rose-Marie Care Home	684-1163
Victoria Park Guest House	798-4375
Windsor Elms	798-2251

Hospital

Switchboard (connecting all Departments)	792-2000
Patient Telephones	798-5751
Administration	792-2110
Emergency	792-2055
Departments/Services:	
Addiction Prevention & Treatment Services	792-2021
Ambulatory Care	792-2034
Cardiac Investigation	792-2193
Chronic Pain Clinic	792-2271
Clinical/Community Dietitian	792-2075
Computer Literacy on The Move (C@P site)	798-0729
Continuing Care	1-800-225-7225
Diabetes Centre	792-2052
Diagnostic Imaging	792-2076
Gift Shop	792-2025
Haliburton Place	792-2026
Hospital Foundation	792-2131
Meals on Wheels (VON)	792-1972
Mental Health Services	792-2042
NS Hearing & Speech	792-2084
Nutrition Education Centre	792-2268
Palliative Care	792-2255
Physiotherapy	792-2071
Respiratory	792-2061
Social Worker	792-2082
Volunteer Services	792-2250
VON	798-5355
West Hants Community Health Board	798-2210

Housing (continued)

Annapolis Valley Housing Authority	1-800-441-0447
Department of Community Services (Housing Services Division)	1-800-774-5130

Men's Resources

Alternatives (family counseling)	1-902-698-3444
Freedom Foundation of NS	1-902-466-0299
Halifax Sexual Health Centre (formerly Planned Parenthood)	1-902-455-9656
Men's Wellness Clinic (Bookings – HCH)	792-2034
Metro Turning Point Centre	1-902-420-3282

Nutrition / Food Services

Hantsport Food Bank	684-3563
House of Hospitality	798-3229
Meals on Wheels (VON)	792-1972
Wheels to Meals	798-4913
Windsor Baptist Church Drop in Centre	798-2465
Windsor & District Food Bank/Matthew 25	798-4313

Publications

Advertiser (New Minas)	1-902-681-2121
The Chronicle Herald	1-800-565-3339
The Hantsport & Area Bulletin	684-9570
The Hants Journal	798-8371
Hants Shore Community Health Centre "What's Happening"	1-902-632-2405
News & Views (Hantsport)	684-3876
Uniacke Newsletter	1-902-452-0603
What's Going On	632-2987

Recreation

Community Inclusion: Coordinator Tess Warner	798-2988
Curves for Women	798-0055
Kings-Edgehill Pool	798-2271
Locker Room Health & Fitness Club	798-8220
Alan Mumford Fitness Studios	792-1026
Municipality of the District of West Hants (Recreation Department)	798-6938
Town of Hantsport (Recreation Department)	684-3211 or 684-3200
Town of Windsor (Recreation Department)	798-0696

Self-Help & Support Groups

Addictions Prevention & Treatment Services	792-2021
Al-Anon-Alateen	798-8175
Alcoholics Anonymous	798-2839, 757-2625
Alzheimer's Family Support Group: Contact Sue Lowthers (H) 798-3041 Pat Miller (H) 798-4074	
Brain Injury Association of Nova Scotia	See 'Health Information'
Breast Cancer Support Group: Contact Delores Smiley	792-2683
Cancer Mount Support Group: Contact Lawrence Skipper (H) 798-5192 Donnie Burns (H) 684-0185	
Chronic Pain Clinic	798-2271
Chronic Pain Support Group	798-2345
Emotions Anonymous: Contact Wilma Hebb	798-8652
Hants County Community Access Network	792-1758
Healing After Loss Support Group	681-0715
Heart & Stroke	798-2993
Helping Hearts Visitation Program for Patients and Caregivers: Contact Alvin Atwell	757-2221

Self Help & Support Groups (continued)

Help Navigating Government, Health Systems & Forms	798-8494
Mental Health Walk-in Clinic	792-2042
Parents, Family, Gay, Lesbian, Transexual Support Group	798-2049
Self Help Connection	1-866-765-6639
S.O.A.R. (Survivors of Abuse Recovering)	1-902-542-1363
Valley Pastoral Counseling Services	1-902-542-1027
Windsor People First	798-0747

Seniors' Resources

Family Caregiver Groups (VON): Contact Jenny Cochrane	792-1972
Hants County Council of Seniors: Contact Vivian MacMillan	798-4913
Nova Scotia Centre on Aging: Contact Pamela Fancey	1-902-457-6682
Nova Scotia Department of Seniors	1-800-670-0065
Senior Abuse Line	1-877-833-3377
Seniors' Safety Program Association of Hants County	798-8380
The Hants Senior Games (Seniors 55 Plus): Contact Kathy Kehoe	798-6938

Services

Annapolis Valley Regional Library (Head Office)	1-866-922-0229
Hantsport Library	684-4005
Hantsport Lions Club: Contact Ken MacKenzie	679-3522
Rotary Club of Windsor: Contact Judy Rockwell	792-1201
Rotary Club of Windsor (Camp Mockingee)	798-8430
Windsor Regional Library	798-5424
Windsor & District Lions Club	798-8143

Shelters

Bryony House: Office 1-902-423-7183 or Crisis Line (24 hour/day)	1-902-422-7650
Chrysalis House (Kentville – 24 hour shelter)	1-902-679-1922, 1-800-264-8682
Emergency Teen Shelter (Kentville)	1-902-678-2323
Freedom Foundation of NS	1-902-466-0299
Harvest House	798-0662
Metro Turning Point Centre	1-902-420-3282
Phoenix House	1-902-422-5583
Phoenix Shelter	1-902-446-4663

Transportation

Care-a-Van	1-888-331-1777, 365-3330
Kings Transit	1-902-678-7310
West Hants Dial-A-Ride	1-800-305-7433, 792-1800

Women's Resources

Acadia Women's Centre	1-902-585-2140
Avalon Sexual Assault Centre	1-902-422-4240
Chrysalis House (Kentville - 24 hour shelter/crisis line)	1-800-264-8682
Outreach Worker	1-902-679-1155, Ext 1
Diabetes & Nutrition Education Centre at HCH	792-2052
Halifax Sexual Health Centre (formerly Planned Parenthood)	1-902-455-9656
La Leche League Canada	1-800-665-4324
Marguerite Centre	1-902-876-0006
New Woman Prosthetics Ltd	1-902-443-9925
Nova Scotia Breast Screening Program	1-800-565-0548
Osteoporosis Centre (VG Hospital)	1-902-473-3133
Stepping Stone	1-902-420-0103
Well Women's Clinic (Bookings – HCH)	792-2034

Youth Resources

Emergency Teen Shelter	1-902-678-4962
Hants Youth Health & Resource Centre (Avon View High School)	792-6787
Hants Youth Health & Resource Centre (West Hants Middle School)	757-4114
IWK Choices Adolescent Treatment Program	1-902-470-6300
IWK Mental Health & Addictions Program	Toll Free 1-888-830-9595
Lesbian, Gay & Bisexual Youth Group	1-902- 429-5429
The Red Door (Kentville)	1-902-679-1411
Valley Care Pregnancy Centre	1-800-284-7740, 1-902-678-6217
Valley Restorative Justice	1-902-679-0650

Websites

AIDS Coalition of Nova Scotia	www.acns.ns.ca
Al-Anon-Alateen	www.alanon-alateen.org
Alcoholics Anonymous	www.alcoholics-anonymous.org
Alzheimers Society of Nova Scotia	www.alzheimer.ca
Annapolis Valley Regional School Board	www.avrsb.ednet.ns.ca
Arthritis Society of Canada	www.arthritis.ca
Avalon Sexual Assault Centre	www.avaloncentre@ns.sympatico.ca
Avon Peninsula Watershed Preservation Society	www.apwps.ca
Avon River Heritage Society	www.avondalemedia.ca/arhs
Canada Pension Office	www.servicecanada.gc.ca
Canada's Association for the Fifty Plus	www.carp.ca
Canadian Diabetes Association	www.diabetes.ca
Canadian Mental Health Association	www.cmha.ca
Canadian National Institute for the Blind	www.cnib.ca
Capital District Health Authority	www.cdha.nshealth.ca
Chrysalis House Association	www.thans.ca/chrysalis.htm
Environment Canada	www.atl.ec.gc.ca
Family Resource Centre of West Hants	www.geocities.com/frcofwesthants
Freedom Foundation of NS	www.supercity.ns.ca/~freedom
Hants County RDA	www.hantscounty.com
The Hants Journal	www.novanewsnow.com
Hants Learning Network Association	www.hantslearning.ns.ca
Job Bank	www.jobbank.ca
Lesbian, Gay & Bisexual Youth Group	www.youthproject.ns.ca
Marguerite Centre	www.margueritecentre.ns.ca
MLA (Provincial) Chuck Porter	www.chuckporter.ca
MP (Federal) Scott Brison	www.brison.ca
Municipality of East Hants	www.easthants.ca
Municipality of West Hants	www.westhants.ca
Northwood Intouch	www.nwood.ns.ca
Nova Scotia Breast Screening Program	www.breastscreening.ns.ca
Nova Scotia Department of Seniors	www.gov.ns.ca/scs
Nova Scotia Health Network	www.nshealthnetwork.ca
Osteoporosis Centre	www.osteoporosis.ca
Philips Lifeline	www.lifeline.ca
Ready Set Work (PeopleWorx)	www.peopleworx.ca
Preventing Falls Together	www.preventingfallstogether.ca
Senior Abuse Line	stopelderabuse@gov.ns.ca
Seniors' Safety Program Association of Hants County	www.seniorssafetyprogram.ca

Websites (Continued)

Service Canada	www.servicecanada.gc.ca
Speech & Hearing Association of Nova Scotia	www.shans.ca
Stetsons & Spurs	www.stetsonsandspurs.ca
The Red Door	www.thereddoor.ca@eastlink.ca
Town of Hantsport	www.hantsportnovascotia.com
Town of Windsor	www.town.windsor.ns.ca
Uniacke Newsletter	www.uniacke.org
Valley Care Pregnancy Centre	www.asafeplaceforme.com
Valley Restorative Justice	www.valleyrestorativejustice.org
Welcome Wagon	www.welcomewagon.ca
West Hants Chamber of Commerce	www.whcc.ca
What's Going On	www.whats-going-on.ca

Notes

Notes

Directory Provided by

West Hants Community Health Board
(902) 798-2210 or (902)792-2123
E-mail: sandra.milbury@cdha.nshealth.ca
denise.bayliss@cdha.nshealth.ca