

Connecting to the Dartmouth Community – Join Us!

The Dartmouth Community Health Board is a group of dedicated volunteers with a genuine interest in the health of our community. We all live in Dartmouth and therefore are working to make Dartmouth a healthier place to live. Our board offers opportunities to make a positive difference in our community by sharing enthusiasm, skills and abilities while learning new things. If you have an interest in making Dartmouth stronger, come join us! By serving as a volunteer on the board, you will be of service to your community while learning new skills and sharing your skills with others.



Dartmouth Community Health Board members, 2011-2012

Back row (L-R): Cynthia Mann, Monique Mullins-Roberts, Sheila O'Leary, Hilde Carson, Austin Zygmunt, Devin Piccott, Judy Shedden, Roshana Anwer, Sue Lemon.

Front row: Tanya Swinamer, Brigitte L'Heureux, Meryl Cook, Jennifer Melanson, Arne Martens, Rugi Jaloh.

If you are interested in becoming a board member contact us at:

Dartmouth Community Health Board:
Room 545, Belmont House
33 Alderney Dr., Dartmouth, N.S. B2Y 2N4
460-6869
Monique.mullins-roberts@cdha.nshealth.ca

Find us on
facebook

Follow us on
Twitter

Connect with us and others in our community through Facebook. The Dartmouth Community Health Board is now on Facebook and Twitter. Like us on Facebook (Dartmouth Community Health Board) and follow us on Twitter @dartmouthchb. We will gladly post your community event on our page.

Community Development Fund

The Dartmouth Community Health Board has funds available to support creative, locally based responses to community health issues. The funds come from Capital Health and the Department of Health & Wellness. Our grants are distributed in the spring and fall of each year.

Funding is available for non-profit community based groups and organizations. In the past seven years we have supported over 300 community projects.

We encourage projects that:

- Address a specific health issue (i.e. physical activity)
- Support partnerships in the community (i.e.: building a community garden)
- Share knowledge with the community and organizations (i.e. youth leadership)

Priority is given to applications that address the health priorities identified in our community health plan (www.ourhealthsurvey.ca). The priorities include:

- Health Inequities
- Physical Activity, Healthy Eating, Healthy Weights
- Mental Health
- Access to Health Services and Information
- Stress
- Sense of Belonging
- Chronic Conditions
- Health Screenings

For more information on applying visit our website: cdha.nshealth.ca/communityhealth/dartmouth

Application deadline is Friday, April 27th, 2012.

The following are some groups and organizations that were selected for CDF funding in 2011:

Cultivating Food Connections is a program of The Clean Nova Scotia Foundation to develop practical skills such as gardening, cooking, and canning. These skills can then be applied to improve food security for individuals, families, and communities.

The Christ Church Food Garden is a project aimed to grow and distribute a variety of vegetables to clients of the weekly Christ Church Parish Food Bank. This encourages parishioners (young and old) to work together with food bank clients to increase consumption of fresh grown vegetables and therefore eat healthier.

Healthy Living at Laing House is a project to assist youth with mental illness with all aspects of living a healthy lifestyle. The youth targeted by this project can overcome challenges such as lack of motivation, isolation, and stigmatization by receiving assistance with finding meaningful employment and making healthy diet choices.

Empower Youth to Make a Tidal Impact is a project by the Demetrious Lane Tenants Association and First Baptist Church to engage youth in a number of initiatives that promote attitudes and actions for respect and success. These include awareness and prevention of violence, community clean-up, and a food drive.



The AIDS Coalition of Nova Scotia receiving their Community Development Fund Grant



Empower Youth to Make a Tidal Impact



How we Connect to our Community

The Dartmouth Community Health Board is interested in creating a healthier Dartmouth community. Our goal is to make a difference in our community by learning more about Dartmouth and its health needs and to facilitate connections between the community and the health care system.

Together we work closely with community members and community groups to:

- identify local health issues
- develop a community health plan
- provide community development funds
- foster community development
- advocate on community health issues
- participate in health service planning

Community Connections

Studies have found that connections between people increase feelings of security, happiness, sense of belonging and well-being. You can create connections in simple ways:

- Smile and wave to your neighbours!
- Join a walking, knitting or book reading club – or create one!
- Donate food to Margaret house or food banks.
- Bake cookies or a meal for someone who is struggling.
- Share what you have – donate gently used clothing to local organizations or churches.
- Use your local library.
- Offer small jobs to your neighbourhood youth.
- Buy a coffee for a homeless person.
- Participate in community events.
- Encourage children in their efforts to be kind.
- Listen to those who need an ear.

What we are working on:

Based on what we heard from the community, we have formed three Working Groups:

- Access to Information and Services – We are distributing the Dartmouth Helping Tree on the inside of this report and have developed a facebook page to share local community health information.
- Healthy Eating Active Lifestyle – We have been working with the community to support the work on a Food Security Inventory
- Mental Health – We are looking at resources to improve mental health in the community



Children working in Christ Church Food Garden.

DARTMOUTH HELPING TREE

This tool was designed by the Dartmouth Community Health Board, Community Health Team, HRM Community Development, and The Self-Help Connection to assist service providers and inform residents of the many helping resources available. If you or someone you care about is experiencing a problem in any of the areas listed, follow the arrows on the flow chart to find resources that may help.

Support Groups & Help Lines
Self Help Connection 466-2011
Alcoholics Anonymous 461-1119
Al-Anon Public Outreach 466-7077
Narcotics Anonymous 453-2913
Smokers Help Line 1-877-513-5333
Stop Smoking Services 424-2025
Gambler's Helpline 1-888-347-8888

Community Centres
Findlay 490-4728
Dartmouth North 490-5900
East Dartmouth 435-9912
Northbrook 490-6666
North Woodside 463-9276
South Woodside 404-1971
Dartmouth YMCA 422-9622

Recreation Information
HRM Info Line 490-4000
HRM Kids (rec assistance) 490-4114
HRM Financial Assistance for Recreation – contact individual rec centres
Active Halifax Communities 490-5447

Physical Activity & Sport
Walk-about program 423-7530
Sport Nova Scotia 425-5450
Kidsport 425-5450

Treatment Services
Addiction Prevention & Treatment Services 424-8866
Mainline Needle Exchange (Dartmouth Outreach) 423-9991

Family Resources
Dartmouth Family Centre 464-8234
Progress Centre for Early Intervention 423-2686

After School Programs
Excel Programs 464-2000 ext. 2787
East Dartmouth Boys & Girls Club 435-3204
Dartmouth Boys & Girls Club 463-1210

Literacy/Education
Dartmouth Learning Network 464-3444
Solutions Learning Network 468-1320
Frontier College 494-7003
Flexible Learning & Education Centre 832-8630
Woodlawn Public Library 490-2636
Dartmouth North Public Library 490-5840
Aldemey Gate Library 490-5745

Services & Programs
Public Health 481-5800
Family Services Association (Counseling) 420-1980
IWK Women's Health Community Clinic 470-6400
Child Pharmacare 1-866-424-1269
Family Pharmacare 496-5667
Services for persons with disabilities (Dept. of Comm. Svcs.) 424-1600
Licensed Child Care & Family Home Day Care (Dept. of Comm. Svcs) 424-6679

Family Resources
Dartmouth Family Centre 464-8234
Progress Centre for Early Intervention 423-2686

ADDICTION TO ALCOHOL, OTHER DRUGS, TOBACCO, & GAMBLING

RECREATION AND PHYSICAL ACTIVITY

Grief Support Groups
Dartmouth General Hospital Bereavement Support 465-8472
Widowed in Self Help (WISH) 443-1486
IWK Pregnancy & Newborn Loss 470-8149
Survivors of Suicide 835-3812

Self Help & Support Groups
Self-Help Connection 466-2011
Contact your local church for information on grief support and self help groups.

Programs & Associations
New Beginnings Clubhouse 464-3588
Among Friends Social Club 463-2187
Empowerment Connection 404-3445
Healthy Minds Co-op 404-3504
Self Help Connection 466-2011
Consumer Initiative Centre 404-7800
Canadian Mental Health Association (CMHA) 466-6600
Schizophrenia Society 465-2601

Mental Health & Counselling
Dartmouth Mental Health 466-1830
Family Services Association 420-1980

Help Lines
Help Lines
Bullying Helpline 490-7283
Help Line 421-1188
Parent Help Line 1-888-603-9100
Mobile Crisis 429-8167

MENTAL HEALTH, SUICIDE, GRIEF, COUNSELLING



Dental
Dal Dental 494-2101
Public Health 481-5800

Pregnancy & Newborn
Doula Program 479-0508
IWK Health Centre 470-8888
Public Health 481-5800
Dartmouth Family Resource Centre 464-8234

Family Physicians
Physician Information Line 424-3047
Doctors Nova Scotia 468-1866

Walk-In Medical Clinics
Family Focus Clinic & Well Women's Clinic 420-6060
Dartmouth Medical Centre 465-4530
Montebello Medical 406-4444
Tacoma Family Medicine & Well Women's Clinic 466-1531
Medicine in Motion 468-2774

Health & Support Services
Dartmouth Community Health Team 460-4555
Dartmouth Community Health Board 460-6869
Your Way to Wellness 473-7709
Self-Help Connection 466-2011
Mobile Outreach Street Health (MOSH) 802-9696

COMMUNITY HEALTH & WELLNESS



Courts
Halifax Provincial 424-8718
Family 424-3990
Probate 424-7422
Small Claims 424-8722
Supreme Court (General Division) 424-4900
Supreme Court (Family Division) 424-3990

Supports
Coverdale Centre 422-6417
Elizabeth Fry Society 454-5041
John Howard Society 422-6429

Human Rights
NS Human Rights Commission 424-4111
Labour Relations Board 424-6730

Police & Reporting
Non-emergency Police 490-5020
Crime Stoppers 1-800-222-8477
Adult Protection 1-800-225-7225

Legal Aid
Dalhousie Legal Aid 423-8105
Nova Scotia Legal Aid 420-8815
Nova Scotia Legal Aid (Poverty law) 420-3450

Legal Information
Dial-A-Law 420-1888
Legal Information & Lawyer Referral 455-3135

LEGAL PROBLEMS



Sexual Health
IWK Women's Health Community Clinic 470-6400
AIDS Coalition of NS 425-4882
Halifax Sexual Health Centre 455-9656

Rape & Sexual Assault
Avalon Sexual Assault Nurse Examiner 425-0122
IWK Emergency 470-8050
QEII Emergency 473-3383

Victim
Avalon Sexual Assault Centre 422-4240
LOVE 429-6616
New Start 423-4675
Victim Services 490-5300

Emergency Shelters
Bryony House Crisis Line 422-7650
Adsum House Crisis Line 423-4443 or 429-4443
Bary House 422-8234
Second Stage Housing
Marguerite Centre 876-0006
Alice Housing 466-8459
Adsum Centre 876-5011

Abuse
Dept. of Comm. Services – Child Welfare Dept 424-3298
Reporting Child Abuse 424-3298
Adult Protection 1-800-225-7225
Seniors Abuse 1-877-833-3377

SEXUAL HEALTH, VIOLENCE & SEXUAL ASSAULT



Furniture and/or Household Goods
Parker St Furniture Bank 453-4886
Circle of Care 463-9074

Food and/or Clothing Banks
Feed Nova Scotia 457-1900
Woodlawn United Church 434-5819
Christ Church 466-4354
Salvation Army 466-6847
STAIRS Church 469-2188
First Baptist Church 466-2475
Holy Trinity Anglican Church 463-3713

Emergency Shelters for Youth (16-24)
Phoenix Shelter 446-4663

Emergency Shelters for Men
Metro Turning Point 420-3282
Salvation Army 422-2363

Emergency Shelters for Women

Housing
Tenancy Board 424-5200
Habitat for Humanity 464-0274
Metro Regional Housing Authority 420-6000
Community Action on Homelessness 420-2186
Halifax Housing 423-0722
Metro Non-Profit Housing 466-8714
Dartmouth Non-profit Housing 469-0543

HOMELESSNESS/ HOUSING



Revenue Canada
1-800-959-8281

Heat & Water
The Good Neighbor Energy Fund 422-3435 (only available January to end of April)
The H2O Fund 422-3435

Prescription Medications
Low Income Pharmacare for Children 1-866-424-1269
Family Pharmacare 496-5667

Budget & Debt Counselling
Credit Counselling Services 1-888-753-2227
Debtor Assistance Program 424-5200
Financial Planning for Immigrants & Refugees, YMCA Dartmouth 457-2680
Gamblers Hotline 1-888-347-8888

Student Loan
Student Loan Assistance 424-8420

Income Assistance
Canada Pension Plan 1-800-277-9914
Dartmouth Dept of Community Services 424-1600
Employment Insurance 1-800-206-7218
Child Care Subsidy – Dept. of Comm. Svcs. 424-6679

FINANCIAL

Health Link: 811
health information & advice (24 hours)
Help Line (Adults): 421-1188
Emergency: 911

Connecting to Services
Wellness Navigators
Dartmouth Community Health Team 460-4555
Public Good Society Connections that Work
Program Community Outreach Facilitator 476-0785

Immigrant Services
Salvation Army/Arise Project 477-5393
ISIS 423-3607
YMCA of Greater Halifax/Dartmouth Immigrant Programs 457-9622

Adult Employment
YMCA Dartmouth Career Development Centre 461-2513
Dartmouth Learning Network 464-3444
Watershed Association Development Enterprises 435-4648
Employment Support Services 424-1600
Job Search Services 435-0957
Halifax Services Canada 1-800-622-6232
NS Career & Transition Services 491-3527
Women's Employment Outreach 422-8023

Disabilities
Lake City Employment 465-5000
Solutions Learning Centre (formerly Dartmouth Work Activity) 468-1320
Affirmative Industries 464-3431
Teamwork Cooperative 422-8900
The Work Bridge 422-8900
Dartmouth Adult Services Centre 468-6606
Consumer Initiative Centre 404-7800

EMPLOYMENT EDUCATION CAREER

YOU START HERE

For revisions and updates, please call 460-4555