

# Youth Services Directory

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# Quick Reference Resources



# Emergency Numbers

## **Fire, Police, Ambulance**

911

## **Kids Help Phone**

1-800-668-6868

## **Mental Health Crisis Line**

1-888-429-8167

## **Child Abuse Hotline**

1-866-922-2434

## **Police General Inquiries**

902-490-5530

## **Nova Scotia Tele-care Service**

811

# HRM Contacts

## **Main HRM Contact**

902-490-4000

## **HRM Municipal Services & Information**

3-11

## **Halifax Regional Police**

902-490-5016

## **Youth Live Program**

902-579-4738

## **Youth Advocate Program**

902-210-0314

# Community Supports & Services



# Strongest Families Institute

## Overview

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. They provide timely care to families by teaching skills through our unique distance coaching approach – supporting families over the phone and internet in the comfort and privacy of their own home. Strongest Families provides family-centered care that is customized to meet their needs.

## Services for Youth

Chase Pain Away – Recurrent Headache/Abdominal Pain (9-16 years of age)

- This program focuses on teaching stress management, avoidance of triggers, dietary modifications, appropriate use of over-the-counter medication, and with weekly telephone support from a coach.

Defeat anxiety – Anxiety Program (12 – 17 years of age)

- This program educates youth and their parents about anxiety and guides them as they learn relaxation skills and how to face worry in real life. The program typically deals with difficulties worry about performance, social anxiety, and specific fears.

## Website

[www.strongestfamilies.com](http://www.strongestfamilies.com)

## Email

[info@strongestfamilies.com](mailto:info@strongestfamilies.com)

## Phone

1-866-470-7111

## Management

Dr. Patricia Lingley-Pottie

President and CEO

[ppottie@strongestfamilies.com](mailto:ppottie@strongestfamilies.com)

## Address

267 Cobequid Road, Suite

200

Lower Sackville, NS

# Immigrant Services Association of Nova Scotia

## Overview

ISANS recognizes the key role of immigrants in Canadian society. We work with newcomers to help them build a future in Canada. They provide a wide range of services to immigrants, from refugee resettlement to professional programs, from family counselling to English in the Workplace.

## Services for Youth

- Volunteer opportunities for newcomer youth
- Supporting Healthy Relationships with Newcomer Youth workshops

## Website

[www.isans.ca](http://www.isans.ca)

## Email

[info@isans.ca](mailto:info@isans.ca)

## Phone

902-423-3607

## Address

6960 Mumford Road, Suite  
2120 (second floor), Halifax



# Heartwood Centre for Community Youth Development

## Overview

HeartWood Centre for Community Youth Development is a nationally recognized leader in the field of community youth development. Since 1988, HeartWood draws on years of experiences in youth development, organizational development, and community youth development research.

## Services for Youth

- Youth Leadership Programs
- Workshops and Trainings
- Customized Training and Support

## Website

[www.heartwood.ns.ca](http://www.heartwood.ns.ca)

## Email

[Home-place@heartwood.ns.ca](mailto:Home-place@heartwood.ns.ca)

## Phone

902-444-5885

## Management

Laura Swaine  
Executive Director  
[laura@heartwood.ns.ca](mailto:laura@heartwood.ns.ca)

## Address

5516 Spring Garden  
Road  
Halifax, NS



# Chebucto Connections

## Overview

Chebucto Connections helps residents participate in community life, from Armdale to the Pennants, by focusing on individual and community strengths. They identify and attract resources to increase opportunities for residents, groups and their communities, so we can work together to improve the quality of life throughout Eastern Chebucto Peninsula. They partner with community groups, agencies, businesses, institutions and governments to better serve their clients and focus their efforts on local interests and priorities.

## Services for Youth

- Pathways to Education

## Website

[www.chebuctoconnections.ca](http://www.chebuctoconnections.ca)

## Email

[info@chebuctoconnections.cs](mailto:info@chebuctoconnections.cs)

## Phone

902-477-0964

## Management

Adrianna Mackenzie  
Executive Director

[adrianna@chebuctoconnections.ca](mailto:adrianna@chebuctoconnections.ca)

## Address

Chebucto Connections  
531 Herring Cove Road  
Halifax, NS



# ECHO Halifax

## Overview

ECHO (Eastern Chebucto Hub Organization) is a partnership made up of social, health legal, child, youth, adult, senior and family organizations. ECHO partners have all come together to make it easier for community members to find the services, programs and information they need.

## Website

[www.echohub.ca](http://www.echohub.ca)

## Email

[echo@chebuctoconnections.cs](mailto:echo@chebuctoconnections.cs)

## Phone

902-477-0964 ext 25

## Management

Dylan Letendre  
ECHO Hub Manager

## Address

Chebucto Connections  
(Home of the ECHO  
Hub Office)  
531 Herring Cove Road  
Halifax, NS

# North End Community Circle

## Overview

NECC was formed through support from the Community Justice Society in 2010. It exists to build trust, relationships, social capital and dialogue between residents in the North End of Halifax. They host a variety of gatherings, some that are more targeted to residents (like potlucks, workshops and our annual June barbecue), and some that help service providers connect and coordinate. The monthly roundtable takes place each month on the first Tuesday, 9 a.m., at Veith House.

The aims to promote and activate helpful relationships, celebrate strengths and mobilize resources to address needs in collaboration with families, residents and stakeholders in the North End of Halifax. Or, in short: to bring people together to make good things happen.

## Website

[www.necchalifax.ca](http://www.necchalifax.ca)

## Email

[necchalifax@gmail.com](mailto:necchalifax@gmail.com)

## Phone

902-453-4320

## Management

Nicholas Stoddard  
Veith House Facilitator

## Address

Veith House  
3315 Veith Street



# NS Rainbow Action Project

## Overview

The Nova Scotia Rainbow Action Project (NSRAP) seeks equity, justice, and human rights for 2SLGBTQIA+ people in Nova Scotia. NSRAP seeks to create change in our communities and our society at large so that all 2SLGBTQIA+ people are included, valued, and celebrated. They achieve this through building community and developing strong networks outside of the community in addition to public outreach, education, and political action.

## Website

[www.nsrp.ca](http://www.nsrp.ca)

## Email

[nsrap@nsrap.ca](mailto:nsrap@nsrap.ca)

## Phone

902-464-2000

## Address

5675 Spring Garden Rd.  
P.O. Box 36082  
Halifax, NS

## Management

Alysha Langille  
Education Coordinator  
902-521-2513

# YWCA Halifax

## Overview

YWCA Halifax is Halifax Regional Municipality's only organization that builds economic security, promotes wellness, and creates opportunities for women, girls, and their families by providing a strong voice and integrated services.

They are for, by, and about women and girls. They transform lives by providing a continuum of critical services and programs that build capacity for lasting positive change. They strive to change the underlying causes and issues that are root causes of inequality, violence, poverty, and homelessness.

## Services for Youth

- GirlSpace
- Youth Advisory Council

## Website

[www.ywcahalifax.com](http://www.ywcahalifax.com)

## Email

[m.sukonautio@ywcahalifax.com](mailto:m.sukonautio@ywcahalifax.com)

## Phone

902-423-6162

## Management

Miia Suokonautio

Executive Director

902-423-6162X2230

[m.sukonautio@ywcahalifax.com](mailto:m.sukonautio@ywcahalifax.com)

## Address

YWCA Child & Youth Family  
Programs

1233 Barrington Street W Suites



# YMCA of Greater Halifax/Dartmouth

## Overview

Since 1853, the YMCA Greater Halifax/Dartmouth has been promoting positive values that build individuals' spirit, mind and body. They provide programs to help those living in our communities and continually works to create stronger, and healthier communities.

## Services for Youth

Junior Leaders (Ages 12 – 15)

Youth Leadership Development

- Leadership I (Ages 15 – 16)
- Leadership II (Ages 16 – 17)

Youth Outreach & Young Adult Programs for Immigrants (Ages 12 – 18)

Youth Activities

## Website

[www.ymcahfx.ca](http://www.ymcahfx.ca)

## Email

[info@bgcgh.ca](mailto:info@bgcgh.ca)

## Phone

Youth Outreach & Young Adult Services

902-457-9622 x 231

Youth Leadership Development

902-422-9622

## Management

Brian Posavad, President & CEO

902-423-4261

[brian\\_posavad@ymca.ca](mailto:brian_posavad@ymca.ca)

## Address

Community YMCA

2269 Gottingen St.

Halifax, NS



YMCA of  
Greater Halifax/Dartmouth

# Big Brothers Big Sisters of Greater Halifax

## Overview

Big Brothers Big Sisters facilitates life-changing relationships that inspire and empower children and youth to reach their potential, both as individuals and citizens. Big Brothers Big Sisters of Greater Halifax offers quality mentoring programs for young people that contribute to the building healthy communities.

## Services for Youth

### Big Brothers

- Offers boys and young men with a role model and a friend.

### Big Sisters

- Provides girls and young women with a role model and a friend to talk and share experiences with.

### Big Couple

- Offers partners/spouses an opportunity to be matched with a Little Brother or Little Sister.

### Mentoring in Schools

- Matches a child with a mentor for one hour a week at school, during the school year

## Website

[www.bigbrothersbigsistershalifax.ca](http://www.bigbrothersbigsistershalifax.ca)

## Email

[halifax@bigbrothersbigsisters.ca](mailto:halifax@bigbrothersbigsisters.ca)

## Phone

902-466-5437

## Management

Carol Goddard Executive  
Director 902-700-8347

## Address

Box 307  
86 Ocherloney Street,  
Dartmouth, NS





# Laing House

## Overview

Laing House is a drop-in centre for youth aged 16 – 29 living with a mood disorder, psychosis and/or anxiety disorder. Based on peer support, members can meet friends who have gone through similar experiences and support each other as they find wellness. Programming includes art, meals, education and employment support, camping, music and more.

## Services for Youth

Halifax

- Creative Arts – Music in the House, Drop-In Art, Writers Circle
- Education and Employment – Interview skills, resume writing, application writing, job searching, interview skills
- Family & Friends Support Group
- Healthy Living – Social Recreation, Healthy Eating Habits, Exercise, Managing Medications
- Independent Living – Budgeting, Safe & Affordable Housing, Cooking Skills, Workshops, Life Skills

Sackville - Sackville Friend Zone

Yarmouth - Yarmouth Peer Support Group

## Website

[www.lainghouse.org](http://www.lainghouse.org)

## Email

[info@lainghouse.org](mailto:info@lainghouse.org)

## Phone

902 - 425-9018

## Management

Hilary Rankin

Executive Director

[hrankin@lainghouse.org](mailto:hrankin@lainghouse.org)

(902) 425-9018 x 257

## Address

1225 Barrington

Halifax, NS

B3J 1Y2

# The Youth Project

## Overview

The Youth Project is a non-profit charitable organization dedicated to providing support and services to youth, 25 and under, around issues of sexual orientation and gender identity. The YP provides a variety of programs and services including support groups, referrals, supportive counselling, a resource library, educational workshops, social activities.

## Services for Youth

- Summer Movie Series
- Pride
- Queer Prom
- Monthly Programming
- Social Support Groups
- Summer Camps
- GSA Conference
- Classroom Workshops
- Professional Development

## Website

[youthproject.ns.ca](http://youthproject.ns.ca)

## Email

[youthproject@youthproject.ns.ca](mailto:youthproject@youthproject.ns.ca)

## Phone

(902) 429-5429

## Management

Kate Shewan

Executive Director

## Address

The Youth Project  
2281 Brunswick St. Halifax,  
Nova Scotia

# Bayers Westwood Family Resource Centre

## Overview

The Bayers Westwood Family Resource Centre is a secure, supportive, learning place involving all community members which provides opportunities to share and to build confidence and trust while working together to create a stronger, healthy community.

## Services for Youth

Youth Group

- Youth 9 years and up are welcome! Cool activities and free food.
- Youth group evenings take place twice a month.

## Website

[www.bayerswestwoodfrc.com](http://www.bayerswestwoodfrc.com)

## Email

[info@bayerswestwoodfrc.com](mailto:info@bayerswestwoodfrc.com)

## Phone

902-454-9444

## Management

Donna Sutton

Executive Director

[ed@bayerswestwoodfrc.com](mailto:ed@bayerswestwoodfrc.com)

## Address

3499 McAlpine Avenue

Halifax, NS



# Chebucto Family Centre

## Overview

The Chebucto Family Centre aims to nurture and enhance the quality of life of families through the delivery of community based programs and services.

## Services for Youth

Once a month drop in is offered for local youth in grades 6+ from 6-8 pm. Dates and activities change each month. No registration is required. Occasionally other programs and activities will be offered during PD days or on weekends.

## Website

[www.homeoftheguardianangel.ca](http://www.homeoftheguardianangel.ca)

## Email

[info@hgahfx.ca](mailto:info@hgahfx.ca)

## Phone

902 - 422-8539

## Management

Tammy Turple  
Executive Director  
Ext.309  
[tammy@hgahfx.ca](mailto:tammy@hgahfx.ca)

## Address

Chebucto Family Centre  
3 Sylvia Avenue  
Halifax, NS



# Children and Youth In Challenging Contexts Network (CYCC)

## Overview

The Children and Youth in Challenging Contexts (CYCC) Network is a national knowledge mobilization (KMb) initiative funded by the Government of Canada through the Network of Centres of Excellence Knowledge Mobilization Initiative (NCE-KM). We support researchers, community based organizations, educators, policy makers, and others working to improve the mental health and wellbeing of vulnerable and at-risk children and youth.

## Website

[www.cyccnetwork.org](http://www.cyccnetwork.org)

## Email

[cycc@dal.ca](mailto:cycc@dal.ca)

## Phone

902-494-4087

## Management

Micheal Ungar  
Network Director  
902-494-3445  
[micheal.ungar@dal.ca](mailto:micheal.ungar@dal.ca)

## Address

Dalhousie University, 6420  
Coburg Road  
PO Box 15000 Halifax  
Canada, B3H 4R2



# 4 C's Society

## Overview

The 4 C's Society aims to build creative connections between children and their communities through community arts projects in the city of Halifax, Nova Scotia, Canada. The 4Cs Foundation has a sixteen year history of supporting arts-based community projects as the way to bring people (children, neighbors, community members across generations and abilities) together.

## Services for Youth

### Art Bikers Program

- A mobile community arts program of the 4Cs Foundation that builds community by making art with children, families and residents in neighbourhoods throughout Halifax, NS

### Community Arts Circle

- An initiative of the 4Cs Foundation started in 2010 to foster and support a local community of practice by meeting, connecting with, and sharing information, inspirations, ideas, and opportunities in a network of community arts/ arts-based community development peers and interested people

## Website

[www.4csfoundation.com](http://www.4csfoundation.com)

## Email

[info@4csfoundation.com](mailto:info@4csfoundation.com)

## Address

4Cs Foundation  
5763 May Street  
Halifax, Nova Scotia  
B3K1R6

## Phone

902-422-4805



# Mi'Kmaq Native Friendship Centre

## Overview

The mission of the Mi'kmaw Native Friendship Centre is to provide structured, social-based programming for Urban Aboriginal People while serving as a focal point for the urban aboriginal community to gather for a variety of community functions and events.

## Services for Youth

- Youth Employment Program
- Youth Drop-In Program

## Website

[www.mymnfc.com](http://www.mymnfc.com)

## Phone

902-420-1576

## Management

Executive Director

Pam Glode Desrochers 902-420-1576

## Address

2158 Gottingen Street

Halifax, NS



# St. George's Youth Net

## Overview

Saint George's YouthNet is a home away from home for kids from the Uniacke Square neighbourhood in Halifax's North End. St. George's Youth Net is a place of friends and mentors and of fun and challenge.

## Services for Youth

- School Lunch Program: Monday to Friday at Joseph Howe Elementary School, grades pre-primary to six
- After-School Program: Monday to Friday, 3:00 to 5:00, grades 2 to 6
- Teen Program: Tuesday and Thursdays, 4:00 to 6:30, grades 7 to 11
- Summer Camps: July and August, day camps and overnight camping trips

## Website

[www.stgeorgesyouthnet.ca](http://www.stgeorgesyouthnet.ca)

## Email

[director@stgeorgesyouthnet.ca](mailto:director@stgeorgesyouthnet.ca)

## Phone

902-422-4614

## Management

Executive Director  
Rosalind Curran  
902-422-4614

## Address

2222 Brunswick Street  
Halifax, NS  
B3K273



# Hope Blooms

## Overview

Hope Blooms is a seasonal, youth-run community social enterprise in North End Halifax, growing healthy food for a healthy community. Hope Blooms benefits the public by establishing and maintaining youth-centered activity and programming in economically deprived communities which promotes and advances health and wellness and community development.

## Services for Youth

- Community Suppers
- Youth Garden
- Community Cooking
- Junior Leadership

## Website

[www.hopeblooms.ca](http://www.hopeblooms.ca)

## Email

[info@hopeblooms.ca](mailto:info@hopeblooms.ca)

## Phone

902-405-3830

## Management

Jessie Jollymore  
Executive Director

## Address

5527 Cornwallis Street  
Halifax, Nova Scotia

# Fairview United Family Resource Centre

## Overview

The Fairview United Family Resource Centre known as the Fairview Family Centre is the neighbourhood hub of the Fairview community. The centre is a non-profit community organization which started in 1986. The centre began as a vision of the of Fairview United Church as an outreach program to support community families. Since 1986 the centre has grown to offer a variety of programs and services for all ages responding to the unique needs of the community. All programs and services are FREE of charge to support the healthy growth and development of all community members.

## Services for Youth

- Community drop in Tuesday and Thursday mornings (open for anyone, all ages)
- Recreation programs /fitness/health and wellness
- Youth programs
- Free onsite equipment and resources for borrowing

## Website

[www.ffcns.ca](http://www.ffcns.ca)

## Email

[info@flcns.ca](mailto:info@flcns.ca)

## Phone

902-443-9569

## Management

Natalie Brown  
Executive Director

## Address

Fairview Family Centre  
6 Titus Street  
Halifax, NS  
B3N 2Y7



# Veith House

## Overview

Veith House has been serving the far North End of Halifax since 1970, offering free counselling, group programs, trusteeship, drop-in coffee hours, monthly community meals, affordable drop-in yoga, meeting and program space for other non-profits, art therapy and opportunities to get involved in community gardening and food preparation.

## Services for Youth

- Apple Kids After School Drop-In (Call and ask for Sarah or Tyler for more information on summer hours).
- Summer Day Camp (Affordable Pricing and we offer a subsidy if parents/guardians qualify).

## Website

[www.veithhouse.com](http://www.veithhouse.com)

## Email

[veithhouse@hfx.eastlink.ca](mailto:veithhouse@hfx.eastlink.ca)

## Phone

(902) 453-4320

## Management

Gail Gardiner

Executive Director

[executive.director@veithhouse.ns.ca](mailto:executive.director@veithhouse.ns.ca)

## Address

3115 Veith St

Halifax, NS



# Boys and Girls Club of Greater Halifax

## Overview

Boys and Girls Club of Greater Halifax aims to provide a safe, supportive place where children and youth can experience new opportunities, overcome barriers, build positive relationships and develop confidence and skills for life.

## Services for Youth

- Youth Clubs
- Breakfast Programs

## Website

[www.bgcgh.ca](http://www.bgcgh.ca)

## Email

[info@bgcgh.ca](mailto:info@bgcgh.ca)

## Phone

902-435-3204

## Management

Henk van Leeuwen  
Chief Executive Officer  
902-435-9116

## Address

50 Caledoniaia Road  
Dartmouth, NS  
B2X 1K8



# MacPhee Centre for Creative Learning

## Overview

The MacPhee Centre for Creative Learning is committed to fostering creative development in young people aged 12-19 who are disengaged from traditional learning, are struggling with mental health and addictions, or feel like they just don't belong. Their free, youth driven programs are facilitated by industry professionals and provide barrier free access to new and useful skills that lead to enhanced self-confidence, self-worth, and self-care.

## Services for Youth

- Music Programs
- Art Programs
- Summer Programs
- Special Events

## Website

[www.macpheecentre.ca](http://www.macpheecentre.ca)

## Email

[info@macpheecentre.ca](mailto:info@macpheecentre.ca)

## Phone

902-469-2851

## Management

Heather MacDonald  
Executive Director

## Address

MacPhee Centre for  
Creative Learning  
50 Queen Street  
Dartmouth, NS



# Autism Nova Scotia

## Overview

Autism Nova Scotia is a community-based organization that fosters understanding, acceptance, and collaborative approaches for those living with Autism Spectrum Disorders throughout Nova Scotia.

## Services for Youth

- Art Programs
- Autism Aviators
- Employer Education & Training
- Employment and Job Readiness Programs
- Lending Programs
- Respite Programs
- Social & Life Skills Training
- Summer Programs

## Website

[www.autismnovascotia.ca](http://www.autismnovascotia.ca)

## Email

[info@autismns.ca](mailto:info@autismns.ca)

## Phone

902-446-4995

## Management

Cynthia Carroll  
CFRE, Executive Director  
[director@autismns.ca](mailto:director@autismns.ca)

## Address

5945 Spring Garden Road  
Halifax, NS B3H 1Y4

# Family SOS

## Overview

Family SOS is a local non-profit, child-centered organization directed toward building strong and healthy families.

## Services for Youth

### Healthy Teenz

- Healthy Teenz is a community-based program that offers a fun and safe place for youth. The program provides the opportunity to engage in unique afterschool and summer day camp opportunities.

### Teens Talk

- Teens Talk provides a safe and comfortable space, during class time, for teens to talk about issues that are important to them. This program is offered in partnership with HRSB Junior High Schools (during school hours).

### Bee a Honey with Heart

- BEEA is a social enterprise where youth harvest honey from hives and learn marketing skills. This program takes place all year round and welcomes youth between grades 7-12.

## Website

[www.familysos.ca](http://www.familysos.ca)

## Email

[info@familysos.ca](mailto:info@familysos.ca)

## Phone

902-455-5515

## Management

Paul Hollingsworth  
Executive Director  
[paul@familysos.ca](mailto:paul@familysos.ca)

## Address

2006 Gottingen Street  
Halifax, NS  
B3K3B1



# Nova Scotia Child & Youth Care Workers Association

## Overview

The practice of Child and Youth Care occurs within the context of therapeutic relationships with children and youth who are experiencing difficulties in their lives. Intervention takes place within the family, the community and other social institutions, and centers on promoting emotional, social and behavioral change and well-being within the context of daily living. The NSCYCWA strives for high quality of standards for those working with children, youth, and families. The Nova Scotia Child and Youth Care Association is dedicated to uniting all CYC practitioners with the common vision of enhancing the CYC profession in Nova Scotia, as well as ensuring the provision of quality services for children, youth, families and communities.

## Website

[www.nscycwa.com](http://www.nscycwa.com)

## Email

[membership@nscycwa.com](mailto:membership@nscycwa.com)



# Our Resilient Bodies

## Overview

Our Resilient Bodies aims to provide an alternative to the mainstream 'body positivity' movement that so often homogenizes our experiences and suggests we just try harder to love and care for ourselves, or that we have somehow failed if we don't. We want to come together to think critically about our experiences – how do racism, colorism, ableism, cissexism, sexism, classism, and heterosexism inform our understandings of beauty, desirability, and our lived experiences within our own bodies? We will address these issues and conversations through discussion groups, workshops, zines and zine distribution, and community outreach.

## Website

<https://www.facebook.com/resilientbodies/>

## Email

[resilientbodies@gmail.com](mailto:resilientbodies@gmail.com)



# NS Office of the Ombudsman

## Overview

The Nova Scotia Office of the Ombudsman is an independent oversight body that investigates concerns and complaints about government. The Office can assist everyone receiving services from Provincial or Municipal governments in Nova Scotia, and we place a special emphasis on our work with youth. In particular, we provide independent oversight and outreach services to youth in correctional facilities and residential child care facilities. Ombudsman representatives can also investigate complaints from any youth receiving government services, including services like health care, public education, Registry of Motor Vehicles, and Department of Justice issues.

## Website

[www.novascotia.ca/ombu](http://www.novascotia.ca/ombu)

## Email

[ombudsman@novascotia.ca](mailto:ombudsman@novascotia.ca)

## Phone

1-800-670-1111

## Address

5670 Spring Garden Road  
Suite 700  
Halifax, NS



# The Spot Halifax

## Overview

The Spot is a FREE artistic space for anyone under 30. At The Spot youth can play and record music, write, draw, paint, sculpt, take photos and videos, and anything else you can think of. Local artists are around to offer their experience, and there are always other people being creative alongside youth. Snacks, coffee and tea are available throughout the evening

The Spot has a recording studio, musical instruments, art supplies, and a variety of artists with experience in these areas that are willing to share their knowledge. They're here if youth would like help with something, but youth also free to create on your own and make use of the supplies we have.

## Website

<https://www.facebook.com/TheSpotHalifax/>

## Email

[thespot.halifax@gmail.com](mailto:thespot.halifax@gmail.com)

## Phone

902-717-1672

## Management

Heather Mac  
902-717-1672

## Address

The Spot  
5816 Cogswell Street  
B3J 1R3  
Halifax, NS



# Family Service Association

## Overview

Family Service Association is located in the Halifax Regional Municipality and is an independent, not-for-profit, community based agency serving a population of approximately 400,000 people. They offer professional, confidential counseling and education services to enable people to function more effectively at home, in the community and in their work environment.

## Services for Youth

Counseling Services Specializing In:

- Depression
- Anxiety & Stress
- Anger & Violence
- Grief & Loss
- Substance Abuse

## Website

[www.fhalifax.com](http://www.fhalifax.com)

## Email

[intake@fshalifax.com](mailto:intake@fshalifax.com)

## Phone

902-420-1980

## Address

6080 Young Street #401  
Halifax, NS

## Management

Valerie Bobyk  
Executive Director

# Halifax Youth Attendance Program

## Overview

The Halifax Youth Attendance Centre (HYAC) is a collaborative, community based initiative of Correctional Services, in cooperation with key partners from the Nova Scotia Department of Education and Childhood Development, Nova Scotia Department of Community Services and IWK Youth Forensic Services. HYAC provides coordinated services and supervision to youth sentenced under the Youth Criminal Justice Act (YCJA), by providing access to a range of evidence based programs and services. HYAC provides services, programs and supervision strategies for all Court sentenced youth in the HRM. HYAC also provides services to offenders aged 18-20 who are sentenced to adult Court Orders. HYAC has multiple partnerships with agencies and departments to facilitate collaboration and implementation of responsive risk assessments/case management plans for individuals involved in the criminal justice system. These services are provided in the community and onsite at Community Corrections field offices and are focused on individual case plans. HYAC is not a facility based day program for groups of youths, rather the approach taken involves engaging high value services and support to meet youth within the stages of change model reflecting their individual risk and needs.

## Website

[www.novascotia.ca](http://www.novascotia.ca)

## Email

[douglas.leck@novascotia.ca](mailto:douglas.leck@novascotia.ca)

## Phone

902-424-0233

## Management

Doug Leck

Senior Probation Officer

# Education



# Halifax Regional School Board

## Overview

The Halifax Regional School Board (HRSB) is the public school board responsible for 136 elementary, junior high, and high schools located within the Halifax Regional Municipality.

## Website

[www.hrsb.ca](http://www.hrsb.ca)

## Email

<http://www.hrsb.ca/contact/staff-directory>

## Phone

902-464-2000

## Address

Halifax Regional School  
Board  
33 Spectacle Drive  
Dartmouth, NS  
B3B1X7

# Delmore Buddy Daye Institute

## Overview

The DBDLI creates educational change and genuine opportunities for learners and communities of African ancestry to reach their full potential. They conduct and disseminate learnings from that research providing policy analysis that informs policymakers, educators, parents and the general public on how to best improve educational opportunities and outcomes for Nova Scotian learners of African descent. The Institute works directly with African Nova Scotian / Canadian organizations, communities, government partners, and educational institutions to identify, develop and implement educational and community capacity enhancement policies, programs and services.

## Services for Youth

Early Childhood Education Diploma Program

- A maximum of 20 students who are officially admitted into the programme by Jane Norman College (Truro) will be offered full scholarships (tuition & textbooks) from the DBDLI
- The Early Childhood Education Diploma Program prepares graduates to work in a variety of early learning environments such as the preprimary programs and family support programs, preschools, playschools, and daycares.

### Website

<https://dbdli.ca/>

### Email

[contact@dbdli.ca](mailto:contact@dbdli.ca)

### Phone

(902) 407-3200

### Address

5450 Cornwallis Street  
Halifax, NS



Delmore "Buddy" Daye  
Learning Institute



# NSSSA

## Overview

The Nova Scotia Secondary School Students' Association (NSSSA) is a non-profit, student-led leadership organization that produces energetic leadership conferences and opportunities for all high school students in Nova Scotia. They have been teaching leadership to Nova Scotian students through motivation, inspiration & demonstration since 1992.

## Website

[www.nsss.ca](http://www.nsss.ca)

## Email

[nsssapresident@gmail.com](mailto:nsssapresident@gmail.com)

## Address

PO Box 8662 Halifax

CSC

Halifax, NS



# Schools Plus

## Overview

SchoolsPlus is a collaborative interagency approach supporting the whole child and their family with the school as the center of service delivery.

SchoolsPlus responds to Commissioner Nunn’s recommendation to improve co-ordination and collaboration in our delivery of programs and services for children, youth, and families. The vision for SchoolsPlus is that schools become a convenient place for government and other services to be delivered to families.

This approach will make it easier for professionals to collaborate with each other on behalf of children, youth, and families. Families are served in a welcoming, accessible place that they are already familiar with—a school in their own community.

## Website

[www.schoolsplus.ednet.ns.ca](http://www.schoolsplus.ednet.ns.ca)

## Email

[tara.Moore@novascotia.ca](mailto:tara.Moore@novascotia.ca)

## Phone

902-424-7308

## Address

Dept. of Education & Early  
Childhood Development  
2021 Brunswick Street, PO  
Box 578  
Halifax, NS B3K 2Y5

# Shine Tutoring

## Overview

Founded in 2012 by Loran Morrison and Chloe Zinck, SHINE Academics is an independent program that has been developed and maintained by volunteer university students. SHINE strives to make learning math and science fun by nurturing the academic abilities of all students, enabling them to happily achieve their goals in and out of the classroom. With a passion for helping youth, along with strong academic backgrounds, the SHINE team is fully prepared to help any student with the unique academic challenges that he or she is facing. Students within the Halifax Metro area, primarily those within the North End community, will be accepted for private or group math tutoring as long as spaces are available; no student will be turned away based on academic or financial circumstances.

## Website

[www.shinehalifax.com](http://www.shinehalifax.com)

## Email

[info@shinehalifax.com](mailto:info@shinehalifax.com)

## Management

Loran Morrison

Program Director/Co-Founder

[loran@shinehalifax.com](mailto:loran@shinehalifax.com)



# THRIVE Education

## Overview

THRIVE Education gives parents of preteens the support they need to absolutely ensure their children thrive in all areas of life! They partner with parents by providing their children with loving personalized attention, high expectations that inspire greatness and magical outside-the-box experiences that spark the motivation, independence and leadership skills they need to take their futures by storm!

## Services for Youth

- Individual Mentorship
- Special Interest Trip Series
- Community Service Trip Series
- Fun, Friends & Fantasy Series

## Website

[www.thriveeducation.ca](http://www.thriveeducation.ca)

## Email

[wendy@thriveeducation.ca](mailto:wendy@thriveeducation.ca)

## Phone

902-223-9023

## Management

Wendy Brit

Founder

[wendy@thriveeducation.ca](mailto:wendy@thriveeducation.ca)

## Address

530 Portland Street

Suite 102

Dartmouth, NS

# Employment & Training



# ESAP Youth Employment Program

## Overview

E.S.A.P. is a career oriented instructional program designed to provide priority youth with job readiness skills development and practical paid work experience. The first five weeks consist of various workshops dealing with job-readiness skills, life saving workshops, self-assessment analysis and other employment workshops. Youth will choose a career area where they will work four days a week, eight hours a day and meet one day a week for four hours with the ESAP coordinator to reflect on the week's work, to problem solve, to listen to various employment related speakers and to participate in various workshops.

The first work term is four months which may be extended to an additional four months at the same worksite or the participant may explore another job placement in a different career area.

Payment is provided by the Government of Canada and is managed by HRM Fire & Emergency Services.

## Website

[www.sackvillefire.ca](http://www.sackvillefire.ca)

## Email

[scottb@staff.ednet.ns.ca](mailto:scottb@staff.ednet.ns.ca)

## Phone

902-865-4091

## Management

Bernie Scott  
Program Coordinator

## Address

1 Metropolitan Avenue  
Sackville, NS



# Skills Canada

## Overview

Skills Canada – Nova Scotia (SCNS) is a not-for-profit organization that provides Nova Scotian youth with opportunities to explore skilled trades and technologies through a range of programming. This is made possible by partnerships with industry, government, labour, and education.

## Services for Youth

### Skilled Futures Program

- The Skilled Futures series is a collection of one-day career exploration events offering junior and senior high school students the chance to participate in interactive skilled trade and technology workshops.

### In-Class Presentations

- In-class presentations continue to be one of SCNS's most effective tools for promoting skilled trades and technologies to Nova Scotian youth.

### Essential Skills Challenge

- Through the Essential Skills Challenge, a one-hour activity which is 100% hands-on, we teach students about the importance of developing these skills, and then put them to the test.

## Website

[www.skillsns.ca](http://www.skillsns.ca)

## Email

[info@skillsns.ca](mailto:info@skillsns.ca)

## Phone

902-491-4640

## Management

Courtney Gouthro

Executive Director

[courtneygouthro@skillsns.ca](mailto:courtneygouthro@skillsns.ca)

902-491-3598

## Address

800A Windmill Road, Suite 4

Dartmouth, NS

B3B1L1



# Centre for Entrepreneurship Education & Development

## Overview

CEED is Nova Scotia's premiere resource for business support, delivering innovative programs and services that empower individuals and communities to achieve their full potential. CEED's broad mandate encompasses social and economic principles, working towards a vision of a vibrant and entrepreneurial Nova Scotia.

## Services for Youth

- Youth Employability Program
- Youth Entrepreneurship Education
- Financial Literacy Training
- Entrepreneurship Camp
- Youth Entrepreneurship Resources

## Website

[www.ceed.ca](http://www.ceed.ca)

## Email

[info@ceed.ca](mailto:info@ceed.ca)

## Phone

902-421-2333

## Management

Craig MacMullin  
President & CEO  
902-421-2333 ext 7395

## Address

Bayers Road Centre  
225 – 7071 Bayers Road



# Building Futures for Youth

## Overview

The Building Futures for Youth Program is designed to give high school students an opportunity to safely explore a career in Nova Scotia's construction industry. The Program allows grade 10 & 11 students the opportunity to safely gain hands on meaningful experience in the construction industry. All while earning high school credits, apprenticeship hours, and scholarship opportunities.

## Website

[www.buildingfutures.ca](http://www.buildingfutures.ca)

## Email

[info@ceed.ca](mailto:info@ceed.ca)

## Phone

902-468-2267 ext. 711

## Management

Michelle Peters

902-468-2267 ext. 711

[mpeters@cana.ns.ca](mailto:mpeters@cana.ns.ca)

## Address

134 Eileen Stubbs Avenue.

Unit 103

Dartmouth, NS

B3B 0A9



# Students in Business

## Overview

The Students in Business Program helps students start their own businesses. The program offers business loans, training, and counseling to help students start and expand businesses. Loans are available to students in rural Nova Scotia.

## Website

[www.studentsinbusiness.ca](http://www.studentsinbusiness.ca)

**STUDENTS  
IN BUSINESS.ca**

*Helping Nova Scotian Students Be Their Own Boss*

# Camp Courage

## Overview

The First Responders Society is an incorporated non-profit company established by firefighter, Andrea Speranza for the purpose of introducing young women ages 15 – 19 to careers as first responders. The ultimate goal is that participants will leave with a sense of empowerment and the confidence to believe that they can achieve any goal, career, or dream they desire.

## Website

[www.campcourage.ca](http://www.campcourage.ca)

# Nova Scotia Youth Conservation Corps

## Overview

The Youth Corps builds connections between youth and local organizations to stimulate stewardship for the natural environment and support the emergence of young community leaders. This is accomplished by providing students with training and employment opportunities through paid work placements with community-based organizations. And our Aboriginal Leadership Program builds on the Youth Corps to focus on the needs of First Nations youth while bringing traditional indigenous knowledge into the program. Our goal at Clean is to help build that foundation on which students can build their careers, and grow into the thoughtful, creative policy-makers and CEOs of tomorrow.

## Website

<http://clean.ns.ca/programs/youth-engagement/youth-corps/>

## Email

[mbook@clean.ns.ca](mailto:mbook@clean.ns.ca)

## Phone

902-420-7976

## Management

Morgan Book  
Youth Corps Coordinator

## Address

126 Portland Street, NS,  
B2Y 1H8

# Health, Wellness & Safety



# SMU Womens Centre

## Overview

The Centre aims to educate the University community about feminisms, women's rights and to celebrate women through activities and events. The Centre offers resources to the community and a safe space for women and people of all genders. Besides, we offer space to organize for a variety of political and social causes.

The Centre advocates a feminist voice and responds to sexist/oppressive happenings on campus and, when possible, in the larger community. The Centre strives to collaborate with broader community groups.

## Website

<http://smusa.ca/resources/womens-centre/>

## Email

[smu.womenscentre@gmail.com](mailto:smu.womenscentre@gmail.com)

## Phone

902-496-8722

## Address

Room 528, 5th floor  
Student Centre.  
Saint Mary's University,  
923 Robie St



# Avalon Sexual Assault Association

## Overview

The Avalon Sexual Assault Centre is a feminist organization working to eliminate sexual assault/abuse, and to change the current socio-political culture that fosters sexism, social injustice and other forms of oppression.

## Services for Youth

- Counseling Services
- Sexual Assault Nurse Examiner
- Community Education
- Special Projects

## Website

[www.avaloncentre.ca](http://www.avaloncentre.ca)

## Email

[info@avaloncentre.ca](mailto:info@avaloncentre.ca)

## Phone

902-422-4628

## Management

Jackie Stevens, Executive Director  
[ExecutiveDirector@avaloncentre.ca](mailto:ExecutiveDirector@avaloncentre.ca)

## Address

1526 Dresden Row, Suite  
401  
Halifax, NS

# Kids Help Phone

## Overview

Kids Help Phone is a Canadian charitable organization that provides free online and telephone counseling to children and youth across Canada. In addition to its counseling services, Kids Help Phone also provides information on how to access support services for children and youth.

## Services for Youth

- Phone Service – 24 Hour Counselor support
- Live Chat – Online Chat Service with a Help Phone Counselor
- Always There App – App that connects youth to Help Phone Counselors
- Resources Around Me – Search engine to connect those in need with local support services
- Good2Talk – free, confidential helpline providing professional counseling and referrals

## Website

[www.kidshelpphone.ca](http://www.kidshelpphone.ca)

## Email

[atlantic@kidshelpphone.ca](mailto:atlantic@kidshelpphone.ca)

## Phone

902-457-4779 (Regional Office)  
1-800-668-6868 (Call a Counselor)

## Address

Nova Scotia Office  
301-1600 Bedford Hwy  
Bedford, NS



# Open Door Centre

## Overview

Open Door Women's Care Centre offers free, confidential support. They offer free pregnancy tests and options counseling.

## Services for Youth

HEY Program (Helping Exploited Youth)

- The HEY Program offers confidential support and referrals for victims of sex trafficking

## Website

[www.opendoorcentre.com](http://www.opendoorcentre.com)

## Email

[hope@opendoorcentre.com](mailto:hope@opendoorcentre.com)

## Phone

902 - 422-8539

## Management

Heather Harman

Executive Director

[heather@opendoorcentre.com](mailto:heather@opendoorcentre.com)

## Address

5991 Spring Garden Rd #630

Halifax, NS

B3H 1Y6

# CMHA Nova Scotia

## Overview

The Canadian Mental Health Association Nova Scotia [CMHA NS] Division is part of a nation-wide charitable organization that promotes the mental health of all and supports the resilience and recovery of people experiencing mental illness.

## Services for Youth

### Awareness

- Info Booths, SuicideTALK, Community Suicide Awareness, Lunch & Learn Sessions

### Education

- Mental Health in the Workplace, Psychological First Aid, Stress & Coping, Community Suicide Educaiton

### Training

- Mental Health in the Workplace, ASSIST, Psychological Health & Safety, Emotional & Social Competencies in the Workplace, Indigenous Social & Emotional Learning, Healthy Relationships Plus Program, Art of Friendship, Art of Recovery, Changing Minds

## Website

[www.novascotia.cmha.ca](http://www.novascotia.cmha.ca)

## Email

[pamela@novascotia.cmha.ca](mailto:pamela@novascotia.cmha.ca)

## Phone

1-902-466-6600

## Management

Pamela Magee

Executive Director

[pamela@novascotia.cmha.ca](mailto:pamela@novascotia.cmha.ca)

# Cease Fire

## Overview

CeaseFire Halifax aims to eliminate violence, in particular gun violence, within communities by working directly with those who run a high risk of being affected or are currently involved in violent activity.

## Website

[Ceasefirehalifax.ca](http://Ceasefirehalifax.ca)

## Email

[info@ceasefirehalifax.com](mailto:info@ceasefirehalifax.com)

## Phone

902-406-4933

## Address

45 Alderney Drive  
Dartmouth, NS  
B2Y 2N6



# Care Facilities & Treatment Programs



# Homebridge Youth Society

## Overview

HomeBridge Youth Society is a charitable, non-profit organization established by front line social workers who identified a need for residential care in the child welfare system. The organization grew to six residential, youth caring facilities throughout the Halifax Regional Municipality and a school program. Today, 40 high risk youth between the ages of 12 and 18 years old can be served in community settings at one time. Approximately 120 young people reside in our facilities annually. All the young people are in the temporary or permanent care of the Minister of Community Services.

## Services for Youth

Hawthorne House: Serves males, over 12 years of age, in Dartmouth.

Johnson House: Serves females, over 12 years of age, in Dartmouth.

Sullivan House: Serves females, over 12 years of age, in Halifax.

Jubien House: Serves youth over 12 years of age, in Halifax.

Reigh Allen Centre: Serves youth over 12 years of age, in Dartmouth.

Cogswell House: Serves males, over 12 years of age, in Middle Sackville.

Expressions Program of the Arts

Bridges for Learning Program

## Website

[www.homebridgeyouth.ca](http://www.homebridgeyouth.ca)

## Email

[ehilton@homebridgeyouth.ca](mailto:ehilton@homebridgeyouth.ca)

## Phone

902 -466-1439

## Management

Ernie Hilton

Executive Director

902-466-1439

[ehilton@homebridgeyouth.ca](mailto:ehilton@homebridgeyouth.ca)

## Address

270 Pleasant St,

Dartmouth, NS

B2Y 3S3



# Ark Outreach

## Overview

ARK's Drop-in is a place to call home for street-involved and homeless youth, ages 16-24. Like any home, the centre offers daily meals, showers, and laundry facilities. Along with these basics, youth find a place where they are valued, respected and encouraged to thrive. We walk alongside youth, building relationships and helping them access services in the community, such as legal advice, health care, addiction services, mental health support, education, employment, and housing options.

## Services for Youth

**The Drop In** - The drop-in is a safe place, a place to call home, for street-involved and homeless youth, ages 16-24. The centre offers daily meals, showers, laundry facilities, and access to other basics like clothing and socks to the youth who come through our door. Staff work alongside youth, building relationships and helping them access vital services in the community, such as legal advice, health care, addiction services, mental health support, education, employment, and housing options.

**Sunday Supper** - Sunday Supper is a weekly meal serving the homeless community: single men and women, youth, and families with young children. We provide a foot clinic managed by second year medical students from Dalhousie. A clothing and footwear depot is also set up each week. After the meal an optional church service is held.

## Website

[www.arkoutreach.com](http://www.arkoutreach.com)

## Email

[info@arkoutreach.com](mailto:info@arkoutreach.com)

## Phone

902-492-2577

## Management

Dorathy Patterson  
Manager  
902-492-2577

## Address

2151 Gottingen Street  
Halifax, Nova Scotia  
B3K 3B5



# Phoenix Youth

## Overview

Phoenix is a non-profit, community based organization located in Halifax, Nova Scotia. Since 1987, Phoenix has been dedicated to supporting youth between the ages of 11 and 24, families, and communities across multiple locations in Halifax. Their team of caring professionals recognizes that each person who comes to us has unique needs and personal strengths. At Phoenix, they believe that people are the leaders in their own lives; Phoenix is a leader in supporting them.

## Services for Youth

- Advocacy
- Youth Outreach
- Community Engagement
- Youth and Family Therapy
- Arts, Recreation & Leadership
- Health Services
- Parent Support
- Housing Support
- Money Management
- Crisis Support
- Education Support
- Employment Support

## Website

[www.phoenixyouth.ca](http://www.phoenixyouth.ca)

## Email

[phoenix@phoenixyouth.ca](mailto:phoenix@phoenixyouth.ca)

## Phone

902-422-3105

## Address

6035 Coburg Road  
Halifax, NS

# Recreation & Leisure





# The Club Inclusion

## Overview

The Club Inclusion is a registered charity based in Halifax and Dartmouth Nova Scotia, Canada. Their mission is to build community and provide user-led opportunities that are fully accessible to people with a wide range of disabilities, challenges, and special needs.

## Services for Youth

- Just Drop In
- Cook Together
- Parties
- Arts & Wellness
- Summer Camps
- Club Dartmouth

## Website

[www.theclubinclusion.com](http://www.theclubinclusion.com)

## Email

[registerinfotheclub@gmail.com](mailto:registerinfotheclub@gmail.com)

## Phone

902-478-1917

## Management

Alice Evans, Executive Director  
Telephone/text: (902) 478 1917  
Email: [alice@theclubinclusion.com](mailto:alice@theclubinclusion.com)

## Address

5945 Spring Garden Road  
Halifax, NS B3H 1Y4

# Youth Art Connection

## Overview

Positive Change Through the Power of The Arts: Every YAC program is aimed at working with youth to create lasting positive change (personal and community-wide) through activating the power and appeal of various art forms, and the human passion that always accompanies quality art-making.

## Services for Youth

JAYA: Justice Art and Youth in Action

- YAC is teaming up with the Michaëlle Jean Foundation and the Art Gallery of Nova Scotia to build a 3-year project engaging youth from across Nova Scotia in telling the stories that too often are untold.

ArtPreneurs

- YAC is working with communities around NS to establish TD ARTpreneur projects and hubs that support young creative people to build businesses and careers based on their passions.

YALP

- Youth Art Connection (YAC) has partnered with Schools Plus and John Martin Junior High School to create a youth arts & leadership program in the Dartmouth North Community.

## Website

[www.youthartconnection.ca](http://www.youthartconnection.ca)

## Email

[youthartconnection@gmail.com](mailto:youthartconnection@gmail.com)

## Phone

902-446-8832

## Management

Ann Denny

Founder/Executive Director



# Jumpstart

## Overview

Canadian Tire Jumpstart is a nationally registered charity dedicated to removing financial barriers so kids across Canada have the opportunity to get off the sidelines and into the game.

National in scope but local in focus, Jumpstart delivers support to kids from families in financial need through a network of 330 local Jumpstart Chapters in communities across Canada. Chapter members are volunteers and community leaders who are committed to helping get kids active and healthy. These Chapters work collectively with over 3,100 Jumpstart Community Partners across the country such as the local Municipal Parks and Recreation department, the local Boys and Girls Club and the YMCA/YWCA to help them submit applications for Jumpstart funding as well as identify kids who would benefit from participating in sports and physical activity programming. These Chapters and Community Partners play a key role in making Jumpstart successful and this model helps us ensure that the funds are directed to those who need it most.

## Website

[www.jumpstart.canadiantire.ca](http://www.jumpstart.canadiantire.ca)

## Email

[jumpstart@cantire.com](mailto:jumpstart@cantire.com)

## Phone

1-844-937-7529



# Junior Achievement of Nova Scotia

## Overview

JA Nova Scotia provides hands-on experiential learning in the classroom and through extra-curricular activities. Programs focus on three educational pillars: financial literacy, workplace readiness, and entrepreneurship. JA recruits volunteers from the business community to collaborate on the delivery of programs, which exposes students to real world business perspectives and ideas.

## Services for Youth

- I Have Skills
- Interest Explorer
- Our Business World
- It's My Future
- A Business of Our Own
- Economics for Success
- World of Choices
- Dollars with Sense
- Investment Strategies Program
- Ideation Boot-camp
- #Adulting

## Website

[www.janovascotia.ca](http://www.janovascotia.ca)

## Email

[programadmin@janovascotia.ca](mailto:programadmin@janovascotia.ca)

## Phone

902.454.4564

## Management

Kristin Williams

President & CEO

902-454-4564 X 107

[kwilliams@janovascotia.ca](mailto:kwilliams@janovascotia.ca)

## Address

Junior Achievement of  
Nova Scotia, 1550 Bedford  
Highway, Suite 300,  
Bedford, NS



# Special Olympics NS

## Overview

The mission of Special Olympics is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities. This gives them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics athletes and the community.

## Services for Youth

- Bowling
- Basketball
- Bocce
- Cross Country Skiing
- Curling
- Figure Skating
- Speed Skating
- Swimming
- Floor Hockey
- Golf
- Power-lifting
- Rhythmic Gymnastics
- Snowshoeing
- Soccer
- Softball

## Website

[www.specialolympicsns.ca](http://www.specialolympicsns.ca)

## Email

[mquinn@specialolympics.ns.ca](mailto:mquinn@specialolympics.ns.ca)

## Phone

902-429-2266

## Management

Matt Quinn

Program Director

[mquinn@specialolympics.ns.ca](mailto:mquinn@specialolympics.ns.ca)

## Address

5516 Spring Garden Road

Suite 201

Halifax, NS

B3J 1G6



# 4-H Nova Scotia

## Overview

4-H provides youth with technical, social, sportsmanship, leadership and life skills essential for their success in agriculture, business, government and community careers.

## Services for Youth

In 4-H projects, each project consists of numerous “units” that a member may take. Some are progressive in nature; others are specific to the animal or skill being learned. The variety of units means there’s lots to learn and lots of challenge for both younger and older members. As part of each project, 4-H members keep records of their work throughout the year. Clubs also plan activities such as demonstrations, judging, building educational displays, public speaking, camping, fund-raising or just having fun!

## Website

[www.novascotia4h.ca](http://www.novascotia4h.ca)

## Email

[iola@novascotia4h.ca](mailto:iola@novascotia4h.ca)

## Phone

902-843-3990

## Management

Sue Works  
President

## Address

60 Research Drive  
Bible Hill, NS  
B6L 2R2



CANADA  
4-H Nova Scotia

# The Centre – Halifax Shopping Centre

## Overview

The Centre is a permanent youth drop in located in Halifax Shopping Centre for teens ages 12 to 18. It is aimed at providing youth a place to hang out with friends, play video games, access computers, get help with homework and take part in programs. It has a wide range of activities continuously going on, with Homework Night on Wednesday's from 3:30-6:00pm.

## Services for Youth

- Youth Drop In
- Youth Homework Club
- Special Events

## Website

[facebook.com/thecentreHSC/](https://facebook.com/thecentreHSC/)

## Email

[mikeatthecentre@eastlink.ca](mailto:mikeatthecentre@eastlink.ca)

## Phone

(902) 497-3988

## Address

Halifax Shopping Centre  
7001 Mumford Road,  
Halifax, Nova Scotia



# Upstage Studios

## Overview

Upstage Studios is an arts organization that encourages self-expression through dance, music, and theatre. They believe that art is an essential part of any thriving community. The arts lift the spirit and raise the collective consciousness. Upstage Studios works to encourage a thriving community of artists and appreciation of art within the areas of Metro Halifax and Dartmouth. They facilitate classes, performances, and workshops for everyone from eight to eighty years of age.

## Services for Youth

- Fall/Winter Musical Theatre Programs
- Summer Camps
- Special Workshops

## Website

[www.upstagehalifax.ca](http://www.upstagehalifax.ca)

## Email

[info@upstagehalifax.ca](mailto:info@upstagehalifax.ca)

## Phone

902-462-6704

## Management

Susie Keating  
Director

## Address

33 Chrichton Avenue  
Dartmouth, NS  
B2Y 1P1



# Scouts

## Overview

For more than 100 years, Scouts Canada has brought a world of adventure, outdoor experience and friendship to 17 million youth.

## Services for Youth

- Scouts
- Venturer Scouts
- Rover Scouts
- The Canadian Path
- Youth Spokesperson Program
- Extreme Adventures
- National Youth Network
- Scouts Abroad

## Website

[www.scouts.ca](http://www.scouts.ca)

## Email

[helpcentre@scouts.ca](mailto:helpcentre@scouts.ca)

## Phone

1-888-855-3336



# Nova Scotia Girl Guides of Canada

## Overview

Guiding provides a safe, all-girl environment that invites girls to challenge themselves, to find their voice, meet new friends, have fun and make a difference in the world. Girl Guides of Canada—Guides du Canada (GGC) strives to ensure that girls and women from all walks of life, identities and lived experiences feel a sense of belonging and can fully participate. Girl Guides is an organization with over 100 years of history and a strong and growing future.

## Services for Youth

- Challenges & Activities
- Camping
- International
- Awards & Recognition
- Girl Events

## Website

[www.girlguides.ca](http://www.girlguides.ca)

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