

Lions Club Bridgewater.....1-902-543-2998
Lunenburg County Lifestyle Centre
 135 North Park St.....902 530 4100
Mental Health Services.....902 543 5400
Crisis Line ...1 888 429 8167
 Strongest Families Institute <http://strongestfamilies.com/>
 Toll-free phone:.....1-866-470-7111
MSI Medical Services Insurance).....1-800-563-8880
information about obtaining and replacing a health card
MSI currently covers:
*Some basic **dental** care services are free for children from birth up to the end of the month in which they turn 15. Once a year, the program covers:*
One routine dental exam, Two routine x-rays
One preventative service – for example, brushing and flossing instruction, and/or cleaning
***Eye examinations** are free for residents under the age of 10 or over the age of 64 (eye glasses not covered)*


NS Human Rights Commission1-877-269-7699
NS Legal Aid
 Bridgewater Justice Centre.....902 543-4658
NS Power Low Income Advocate *assists clients who are struggling to pay their bill by advocating for payment plan or support with extra time, etc.*1 855 202 7300
NS Works (Employment Solutions Society)
 215 Dufferin St. Bridgewater..toll free 1-866-711-0411
Office of the Ombudsman.....1 800 670 1111
Passport Information Service Canada
 77 Dufferin St. Bridgewater.....1 800 622 6232
Pharmacare provincial drug insurance plan
1-800-544-6191
Poison Centre 24 hour info line
1 800 565 8161




Prenatal Classes (individual and group)
902 543 3119
P.R.O. Kids financial assistance for kids to participate in sports. Application forms are available on line, through the Municipality of the District of Lunenburg, or your Town Office.
Public Health <http://www.nshealth.ca/>
 ♦ Bridgewater.....902 543-0850
Salvation Army 215 Dominion Street, Bridgewater
 Family Services & Assistance.....902 543 0356
 Thrift Shop.....902 543-6820
Second Story Women’s Centre902 640 3044
Sexual Health Centre.....902 527-2868
Society Of St Vincent De Paul (furniture, appliances free to those in need).....902 527-6431
South Shore Community Midwives
902 634 7375
South Shore Regional Educational Centre
902 543-2468
Souls Harbour Gospel Mission.....902 530 5030
 136 Pleasant Street, Bridgewater
 Free meal served from 1—4 on Mon, Tues, Thurs, Fri
South Shore Connect information on recreation activities <http://southshoreconnect.ca/>
Tenancy Board.....1-800-670-4357
United Way of Lunenburg County
 ♦ <http://www.lunenburgcounty.unitedway.ca/>
 ♦ 902 530 3072
 ♦ Free refurbished iPhones and Laptops
 ♦ Skate loan at LCLC
 ♦ Bikes4Kids
 ♦ Coats4Kids
 ♦ Hockey equipment exchange

Updated April 2020



Better Together Family Resource Centre

 821 King St., Suite 11, Bridgewater, NS B4V 1B7
 Phone: 902 543-3119
www.southshorefamilyresource.org
 Find us on Facebook as “Better Together Family Resource Centre Lunenburg County” and on Twitter as “@SSFRALunenburgCo”
Emergency Assistance.....911
211 <http://ns.211.ca/> Nova Scotia’s directory to government and community programs.....211
811 Health Link <https://811.novascotia.ca/>
 Health professionals answer your health questions, search Health Topics on line.....811
Adult Learning Network Courses to earn your High School Diploma.....902 543-0488
Alcoholics Anonymous.....902 521 8114
 aa.district.ten@gmail.com
Autism Nova Scotia South Shore Chapter
 902 541 8233
<http://autismsouthshore.ca/>

Where To Call




Breast Feeding Network, South Shore Regional Hospital, 90 Glen Allan Dr. Bridgewater
Monday to Friday 8 am to 4 pm.....902 543 0856

Bridgewater Transit Service.....902-543-4651

Canada Child Tax Benefit.....1-800-387-1193

Car Seat Installation & Safety
Free service.....902 543-3119

Child Safety Link.....1-866-288-1388

Department of Community Services
Lunenburg County.....902 543-5527
Bridgewater Family Support Centre
Clothing Exchange
10 am to 12 noon Tues & Thurs.....902 543 1301

Dawson Daisy Thrift Store.....902 543 3099
Tues, Wed, Thurs, Fri, 9 am 3 pm, Sat 10 am—2 pm

Employment Insurance1-800-206-7218
Service Canada 77 Dufferin St. Bridgewater

Family Court
custody, access, child support.....902 543-4679

Family Centres
♦ Better Together Family Resource
.....902 543-3119
♦ New Ross & Area.....902 689-2414
<http://nrffc.ca/children-youth/>

Family Service of Western Nova Scotia (FSWNS) Freeman House, 48 Empire St
.....902 543 7444

NS Early Childhood Development Intervention Services <https://www.nsecdis.ca/>
free service to detect and help with developmental delays in kids from newborn to preschool
.....902 531-3500

Food Banks in Lunenburg County
Bridgewater Interchurch Food bank
150 Churchill St, Tues & Fri 1:00 pm -3:30 pm
.....902 543-1915
Chester
off Highway 101 Valley Road, where the old gym used to be, Wed 9:30 am –12:30 noon
.....902 275 5304
Lunenburg, 283 Lincoln St Tues. 9 am –11:30 am
.....902 634 3588
Mahone Bay, 45 School St
open 2nd & 4th Tues of the month
.....902 624 0890
New Germany, 4960 Hwy 10, Wed 10 am-12 noon
.....902 212 0588

GED (General Equivalency Diploma also know as High School Equivalent)
.....902 543-0649

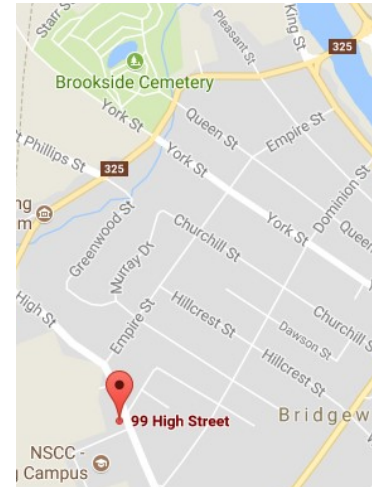
Harbour House
Shelter for women & children.....902 543-3999

Home Heating Fuel:
Irving Oil.....1 888 310 1924
Maritime Fuels 44 Orion Crt, Unit # 1, Dartmouth
.....1 855 554 0554
Payless Fuels 2057 Highway 3 Hubbards
.....1 866 406 3835
Savage Oil 4 Freeman Street Middleton
.....1 877 372 8243
West Nova Fuels Lunenburg.....902 634 3835
Bridgewater.....902 543 2594
Wilsons Heating Wileville..... 902 527 0009

Change is the only constant.
If you find a change, please let us know! 902 543-3119

Housing <https://housing.novascotia.ca/>

South Shore Housing Authority
99 High Street
902 543-8200



Hospitals

- ♦ Lunenburg: Fishermen’s Memorial Hospital...902 634-8801
- ♦ Halifax: IWK Health Centre for Children.....1-902-470-8888
- ♦ Bridgewater: South Shore Regional Hospital.....902 543-4603
- ♦ **Hearing and Speech** 902 541 3134

Nova Scotia Physicians Line HOW TO ACCESS AN INTERPRETER When placing a call: Dial 1-844 590 7765
Select the language you need

Immigration Services Association of Nova Scotia (ISANS).....1-866-431-6472
Immunization Records.....1-844 515 0675
Income Tax Revenue Canada....1-800-959-8281
Kid’s Help Phone.....1-800-668-6868

<https://kidshelpphone.ca/> 24/7 Counselling online or on the phone. Safe, private, non judgmental.

Growing happy, healthy families